



7577

S. de Ricci's note, from
his "Census", vol. 2, 1937:

"English XIXth c. purple
morocco."

~~NN. 6. 20.~~

NB 6.

HUTTEN (ULRICH VON) 1488-1523.

7577. In English, on parchment: written about
1539: $12\frac{3}{4} \times 8\frac{1}{4}$ in., v+65 leaves: with
coloured capitals, &c.

'Of the wood called Guaiacum that healeth
the Frenche pockes . . . compiled by Vlryche
Hutten knyghte'; with 'the preface of
Thomas Paynell, chanon of Marten abbey,
translatour of this boke', dated 'at Marten
abbey, 1533', and a table of chapters; the
whole copied from Thomas Berthelet's
printed ed. of 1539; imperfect through the
loss of a gathering after fol. 55 (representing
fol. 61^v, line 3, to fol. 67^v, line 11, of the 1533
ed.) as well as of the three last leaves: *ends*
'But loo here cometh an nother to' (1533
ed., fol. 77, l. 2). On fol. iii^v another hand
has written 34 lines from the Regimen
Salernitanum (*beg.* 'Anglorum regi scripsit
schola tota Salerni'); fol. iii^r bears an
English poem of 22 lines (*beg.* 'Three score
& ten, the age and life of man') 'written
the 3^o of Nouemb^r. 1638'.

'Peeter Shearde' has written his name in several
parts of the volume, and on fol. iv^v is 'John
Sharde', both 16th cent. Bought from Pickering
and Chatto, catal. 144, lot 4201.

See notes to no. 4974.

7577

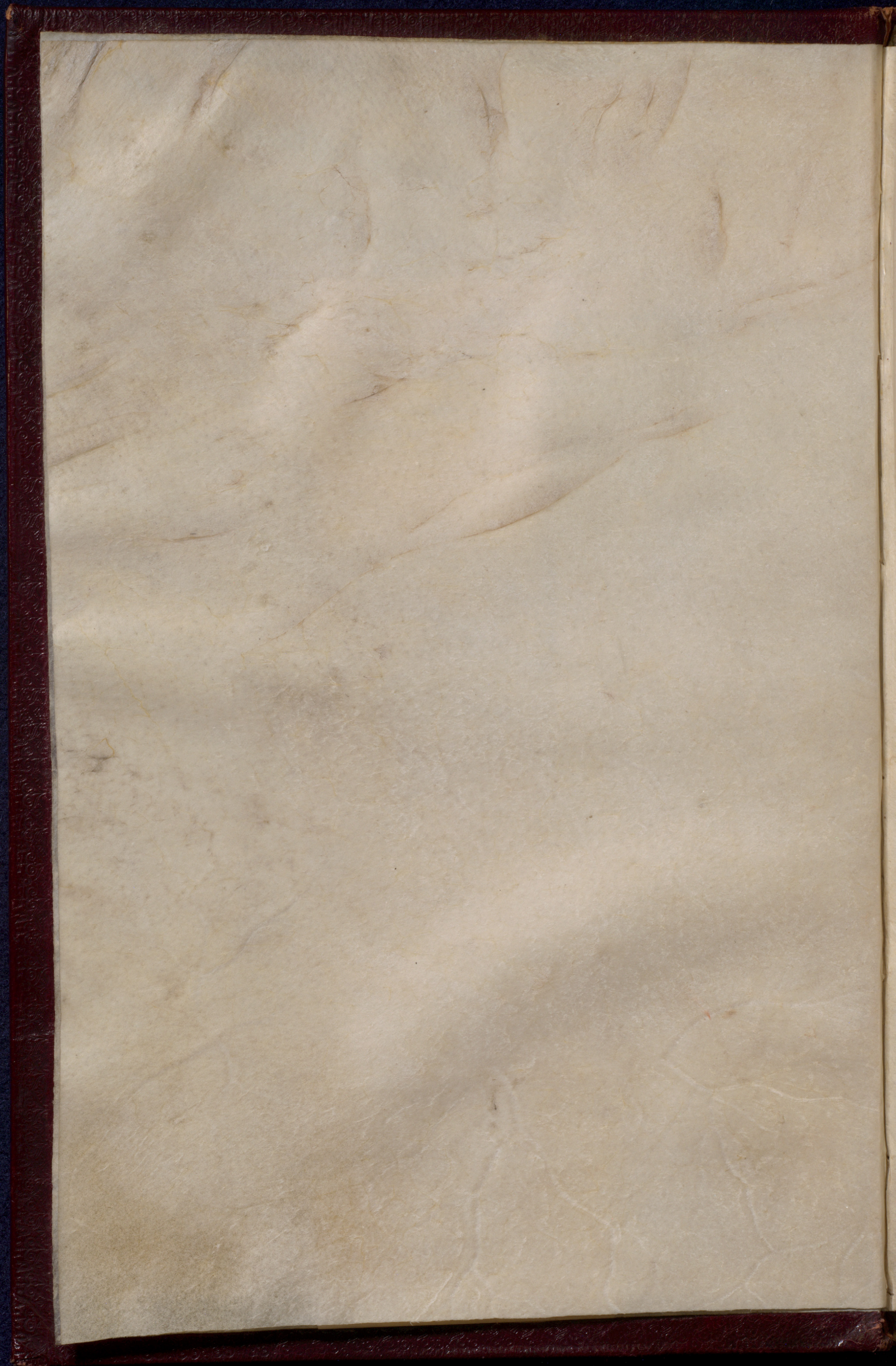
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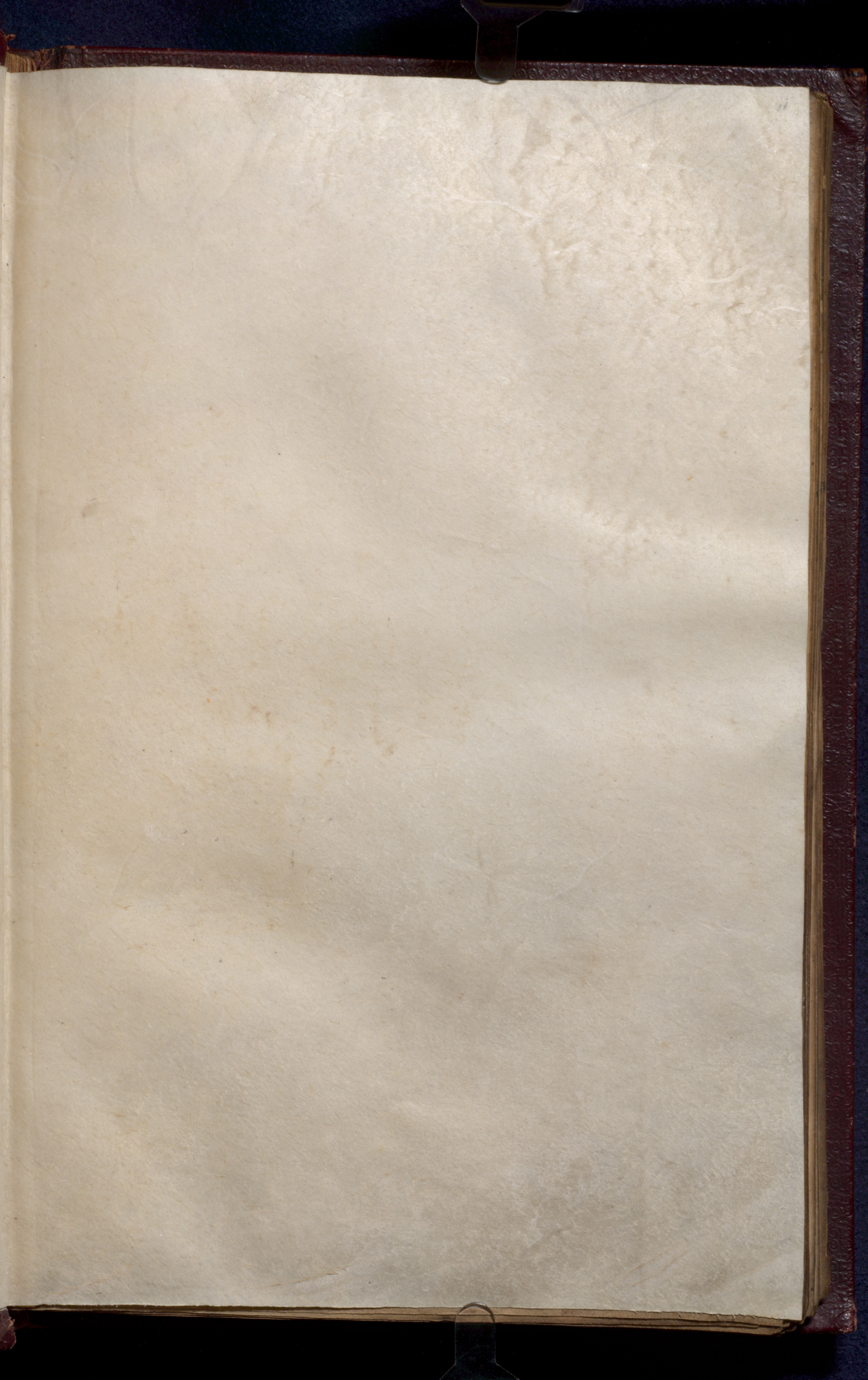
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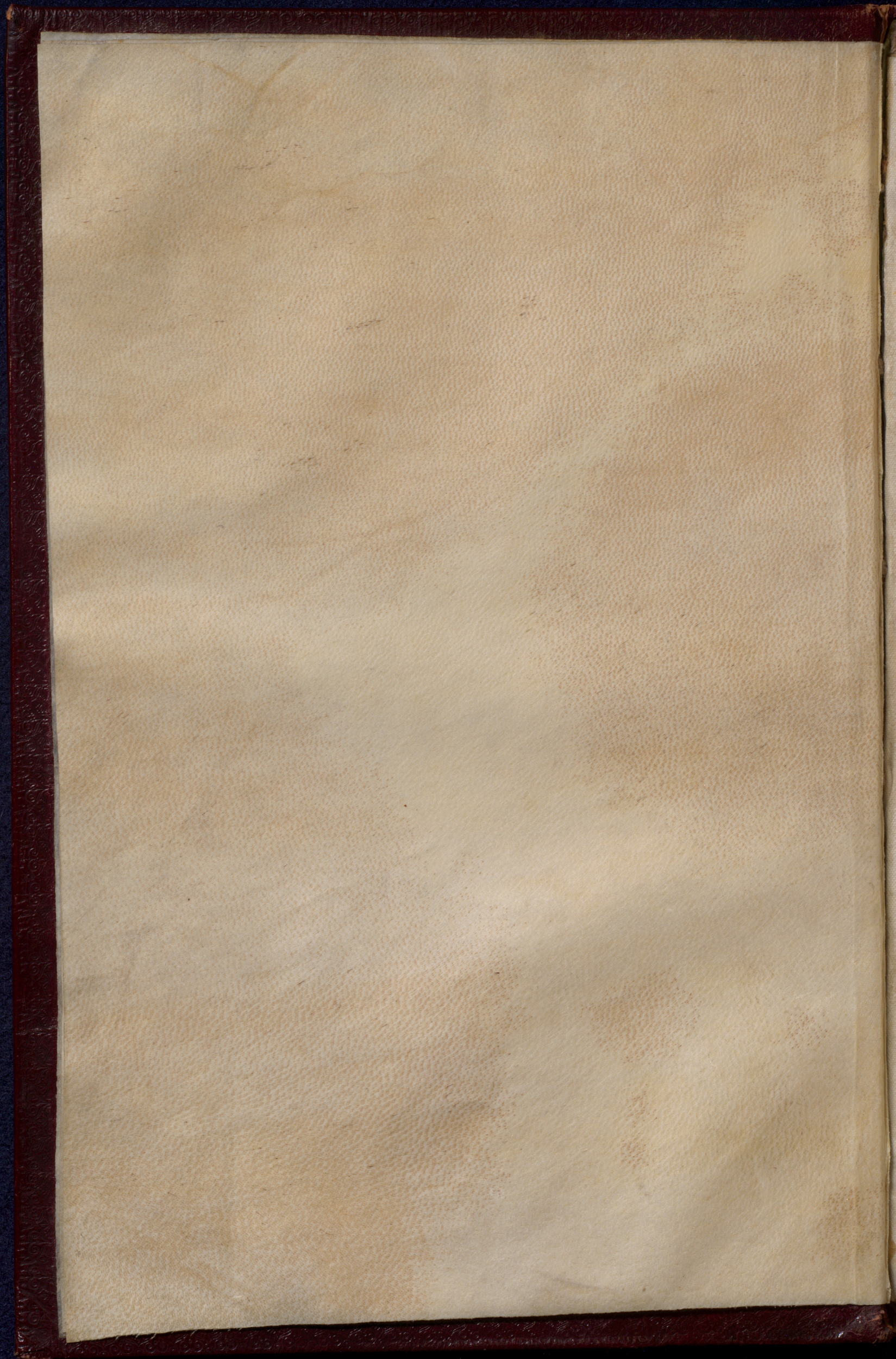
THE ENGLISH TRANSLATION, 1539, BY PAYNELL
OF HUTTEN'S DE GUAIACI MEDICINA, WRITTEN
ON PARCHMENT.

"OF THE WOOD CALLED GUAIACUM THAT
HEALETH THE FRENCH POCKES, AND ALSO
HELPETH THE GOUTE IN THE FEETE, THE
STONE, THE PALSEY ... "

A PANACEA, PAR EXCELLENCE!







11/1
1617 2/1
✠
Three score & ten, the age & life of man.
In holly Dauids eyes, seeme but a span.
And halfe that tyme is spent & lost in sleepe.
Soe onely thirtie five, for us wee keepe.

Our dayes of youth, must be abated all.
Childhood & youth, wise Salamon doth call.
But vanitie mere vanety, he sayes.
In what befalls vs, in our childish dayes.
Our dayes of age, wee take noe pleasure in.
Our dayes of youth, ^{wee} wish had neuer beene.
Soe age deducted, youth, & sleepe, & sorrow.
Onely, one Span, is all the lyfe wee borrowe.

What is our lyfe, a play of passion.
Our mirth, the musicke of diuision.
Our Mothers wombes the tyringe houses be.
Where wee are drest, for liues short comedie.
Heauen the Iudicious eye spectator is.
To see whats acted well, & whats amisse.
The graue which hides ^{us} from the Scorching sonne.
Are liues drawen curtein, when the play is done.
Thus actinge haste wee, to our latest rest.
And then wee dye, in earnest, not in iest.

Written the 3^d of Nouemb^r 1638.

Medical
122
H
H
H

d' anglai regi p'p'ia stola tota calern
 Si vis in pluvium si vis te regere canu
 Curas lingue gues n'p'ri crede p'p'ianu
 Pa' mero cotto parn no sit tibi velu
 Dugere post epulas compun fuge meridianu
 aut brevis aut nullus sit compun meridianu
 Si vis post cena stomachi deponere pena
 Post cena stabio vel passio a ille m'abio
 Non nimis nec venere coage nec annu
 10 Quatuor ex vento veniunt mala ventre p'cento
 Spasmo vero colica vertigo quatuor ista
 In coitu caudo ne no ventre p'pleno
 Tenu oculum cito confiat ex inveni
 Et ois ang' fauo moderata tibi medicamen
 15 ang' sup'fluitas importat ope g'rauen
 Non bibe in facio necuon comidos otatuo
 Excessu facio de rebus immoderatio
 Corp'us debilitat vitam breuiat z euertit
 Salua ne uires infirmus si videris
 20 Et quantum poteris p'no post salua p'no
 Quando pluzn p'no in tu caudo morieris
 Soncubitu poti muni cu frigore medi
 Intactu capite ob frigore ne g' diario
 Sole q' feruente t'na sunt h' q' uocua
 Quo consuevisti consata tenere memento
 25 G'iste cor ira frequens meo raro gaudia querens
 hec ta consumit corp' sine breu
 De mensa sime quantum vis tempe breuue
 Tempus vero modice p'ndere uideris
 30 ac calor opatio dapib' nocet immoderatio
 Antipm fructus postremo dant tibi luctus
 Si tibi desiant media media t' fiant
 hec ta meno lata labor z moderata dicta
 35 hec si mente p'no nunq' medicina querat

petrus snerl

○ The more called Chanaan.

that he called the Hebrew

people. and also

Hebrew the

people

in the year. the Hebrew. Hebrew

for. Hebrew. Hebrew.

Hebrew. Hebrew.

and other

Hebrew.

Compiled by Hebrew

Hebrew. Hebrew.

June. 11. D. 1111.

1239.

Of the woode called Guaiacu.
that healeth the frenche
pockes. and also
helpeth the
goute
in the fecte. the stone. the pal
sey. leproe. drop sy.
fallynge euill.
and other
diseases.

*the man is drop & fall
syngre by myghte*
John sharde Compiled by Wlryche
hutzen knyghte. *Peter shorde*

Anno. M. D. XXXIX.

1539.

The pface.

no

The pface of Thomas Daynell chanon
of Marten abbeie, translatour of this boke.

Not longe ago after I had translated in
to our englishe tonge the boke called.
Regimen sanitatis. Salerni. I hapned be
inge at London to talke with the prynter. and
to enquire of hym. what he thought. and howe
he lyked the same boke: and he answered. that
in his mynde, it was a boke moche necessari.
and very profitable for them that take good heed
to the holsome teachinges, and warily folowed
the same. And this moche farther he added ther
to, that so farre forth as euer he coulde here, it is
of euerye man very well accepted and allownd.
And I saide I pray god it may do good. and it
is all that I desyre. And thus in talkynge of
one boke and of an other. he came forth and
saide: that if I wolde take so moche payne as
to translate in to Englishe the booke that is
intituled. De medicina guaiaci, & morbo gallico.
writen by that greate clerke of Almayne. Ulrich
Hutzen knyght. I shulde haue saide he. doo a very
good dede. for: semge it is sothe. as this great.
clarke wryteth of this medicyne. Guaiacum
for he hym selfe hath had the very experience ther
of: howe nedefulle and howe beneficyall to
the common welth were it: for almoste into euery
parte of this Realme, this moost foule and pain
fulle disease is crepte. and many soore infected ther
with. Whan he hadde said thus his fantasie. and

the preface.

that I hadde bethoughte me and well aduysed his
wordes. I answered: If I thoughte it wolde do good.
I wolde take the payne with all my verie harte. and
hit were moche greater. and yett saide I I feare
me, it be as moche or more than I am able to ac-
complishe. for I doute. whether I may come to
the clere vnderstonnyng therof or not: It is in earnest
a matter straunge ynough to translate not one-
ly for the names of herbes. and other dyuers thyng-
es therein conterned. but also for the phrase and
eloquent style. But what soo euer answer I
made hym. I fynallye determined to translate
the said booke as I haue done in dede. not so well
I am sure so playnely and so exquisitely as ma-
ny other coulde. yf thei wolde vouchsafe to take
the payne: but yet I trust I haue not moche er-
red frome the true meaning of the authoure.
And I say not the contrary. but some wordes
haue I left barely englyssed, and some not at
all. but they be such as are by those names in
latyn vsuallye knowen to phisicians, without
whose counsell specially those that be approued
and knowen to be synghularly lerned in phisicke.
I wolde counsell no man to be holde eyther to prac-
tise or receyue any medecine.

At marten Abbey Anno

1511.

The Table.

T he begynnynge of the frenche pockes. and why it hath dyuers names. Cap. i. fol. m.	
The causes of this disease. Cap. ii. fol. 3.	
Into what dyscaises the frenche pockes are turned. Cap. iii.	fol. 4.
Howe men at the begynnynge resisted the frenche pockes. Cap. iiii.	fol. 6.
What helpe the author of this booke vsed in thys sickness. Cap. v.	fol. 8.
The description of the wood Guaiacum.	2.
Of the fyndynge and name therof. Cap. vi. fol. 10.	
Of the orderynge of Guaiacum in medicine. Cap. vii.	fol. 12.
The maner of curynge with thys wodde Guaiacum. Cap. viii.	fol. 15.
How a man must lyue and diete hym selfe in this cure. Cap. ix.	fol. 19.
That Guaiacum woull not be myngled w th any other thyng. Cap. x.	fol. 22.
What place the phisitions haue in this cure. Cap. xi.	fol. 24.
Whether concernynge this cure there ought any regarde to be taken of the age of the sex or qualite of the bodies. Cap. xii.	fol. 27.
Whether the vse of this wood be lyke in all places. Cap. xiii.	fol. 29.
What tyme is best to be cured with this medicine. Cap. xiiii.	fol. 31.
That we muste vterly forbear wyne and	

The table.

women in this cure. Capi. xv.	foli. 35.
That salte muste be eschewed in this cure. Capi. xvj.	foli. 37.
Of slender fedynge and hunger. whiche are necessary in this cure. Capi. xvij.	foli. 39.
Howe hunger may easly be suffred. Capi. xvij.	fo. 42.
The prayse of temperance in the : despite of ryotte. Capi. xvj.	fo 43.
Whether a man may be restored to his helth by reason of the diete only, that is appointed in this disease. Capi. xv.	foli. 55.
How a man ought to order his bely in this cure Capi. xvij.	foli. 57.
Howe in this cure one maye be moued to swete. Capi. xvij.	foli. 58.
Howe this medicyne shall helpe this disease and whether it healeth men sodenly or els by leysure. Capi. xvij.	foli. 59.
What poure the wodd Guaiacum is of. and what diseases hit helpeth besyde the pockes. Capi. xvij.	foli. 62.
What kynde of diseases this medicyne of Guaiacum hath taken frome the author of this boke. Capi. xvij.	foli. 65.
As touchynge the order of luyngte after this cure is paste. what he that is healed ought to eschewe and obserue. is shortly desayned. Capi. xvij.	foli. 68.

The begynnynge of the frenche pockes,
and why it hath dyuers names. La.i.

I hathe pleased god. that in our tyme sick-
nesses shuld aryse, whiche were to our fore-
fathers (as it maye be well coiectured) vn-
knownen. In the yere of Christ. 1493. or there about.
this foule and moost greuous disease began to sprēd
amonge the people, not in fraunce. but firste at
Naples in the myschemens hoste, wherof it toke his
name, whiche kept warre vnder the frenche kynge Char-
les before hit appered in any other place. By whiche
occasion the frenche men puttynge from them this ab-
horred name. calle it not the frenche pokes. but the eyll
of naples, rekenynge it to their rebuke. if this pestilent
disease shulde be named the frenche pokes. Notwithstan-
dyng the consent of all naciones hathe obtayned, and
we also in this booke wille calle it the frenche pokes.
not for any enuye that we beare to so noble and
gentyll a nacion. but by cause we fere, that all men
shuld not vnderstande, if we gaue it any other name.
At the fyrste risynge therof some menne superstiti-
ously named it menyn sickness. of the name I know
nat of what saynt. some accompted it to come of
Job scabb, whome this sickness I thinke hath brou-
ghte in to the numbre of sayntes. Some iudged
it to be the infirmitie. wherewith the monke Euager
was greuyd, throughe immoderate colde and ea-
tyng of rawe meates, whan he was in deserte.
And therfore he also was sought from ferre con-
treys, with great resorte of men, offerynge giftes

habundantly at his chappelle, which is in Vestricke.
 And because the name of saynt Euager was not
 knowne amonge the common people of Almanne,
 they called it siacres sicknes for Euagers. Not enque-
 rying what the spues of these were, but onely bele-
 ued that these coulde helpe them. Suche openions
 hadde the people, and thus thei dyde ryse. There was
 ymages offered and hanged before saynte Rothe,
 and his olde sores were newe remembred, which
 thinge if it were done of godly mynde, I do not
 reprove, but if it were done, that those might get
 auantage that were the inuenters therof. I meruaile
 that disceyte shulde haue place in so great discom-
 forte and sorowe and in so myserable destruction of
 mankynde. But the diuines dyde interpretate
 this to be the wrath of god, and to be his punissh-
 ment for oure euylle lyuynge. And so dyd openly
 preache, as though they, admitted into that hys com-
 sayle of god, had there lerned, that men neuer liued
 worse, or as who saith in that golden worlde of Augu-
 stus and Tiberius, whan Christe was heare on erthe,
 moste mischeuous diseases dyde not begynne: or as
 who saith, that nature hath no power to bringe in new
 diseases, which in all other thinges maketh grea-
 te changes: or as who saith, that within shorte tyme
 in oure daies by cause men be now of good lyuynge
 the remedy of Guaiacum is founde for this sicknes.
 So well these thinges do agree, which these mennes
 myndes, that declare god (as they thynke) do preache
 vnto vs. Chan began the phisitions busynesse.
 whicher serched not what shulde take away this disease.

But what was the cause therof. for they myght not abyde the sighte of it, moche more they abstayned from touchynge. for whan it fyrste beganne. it was of such filthines. that a man wolde scarcely thynke this sicknesse, that nowerepyneth. to be of that kynde. They were byles, sharpe and standyng oute, hauyng the similitude and qualitie of acornes, from whiche came so foule humours, and so greate stynche. that who soo euer ones smelled it. thought hym selfe to be infecte. The colour of these pusches was darke grene. and the sight therof was more greuouse vnto the patient than the payne it selfe: and yett ther paynes were as though they hadde lye in the fyre.

This disease. not longe after his begynnynge, entred into Carnama. where it hath wandred more largely than in any other place: wiche thinge I do ascribe vnto our intemperance.

They whiche than toke counsaile of the sterres, prophced, that euill not to endure aboue viij. yerres, wherem they were disceyued, if they mente of this disease and all the vitell that comyth therof: but if they ment it of the forsaide moost filthy kynde. whiche cometh of hym selfe, and not onely of infection. but throughe the corruption of the aire, or the ordinance of god: thanne were they not disceyued. for it taried not longe aboue the .xiiij. yere. But the infirmitie, that came after. whiche remaineth yet, is nothyng so filthy. for the sores at sometymes bene litell. not so hie nor so harde. And somtyme there is a

De morbo

certayne brode creppynge scabbe, for his venym
entreteth deper. and bryngeth forth more diseases.
It is thought this kynde nowre adaves to growe
in no person. but throughe infection by defyling
of hym selfe, whiche thyngge especiacly happeneth
by copulation. For it appereth manifestly. that
yonge children, olde men. and other, whiche are
not gyuen to the bodily lust. ben very seldome en
fected therewith. And the more that man is gyuen
to wantounesse, the sooner he is infected. And as
they lyue. that ben taken therewith. soo other it short
ly leaueth them. or longe holdeth them. or vterly
consumeth them. For it is very easi vnto the Italy
ans and Spanyardes. and to suche as lyue so
berlye, but throughe oure surfetyngge and intem
perate luyngge. it dothe longe contynue with vs.
and greuously dothe vex and chafe vs.

The causes of this disease Cap. ij.

The phisicians haue not yet certeynlye diffy
ned the secrete causes of this disease. althoughe
thei haue longe and painfully with great variete
serched therfore. but in this thyngge all do agree.
whiche is very euident, that throughe some vnhol
some blastes of the aire. which were at that tyme
the lakes. fountaynes, floddes. and also the sees
were corrupted, and therof the earth to receyue
poyson. The pastures to be infected. venemous va
pours to come downe from the aire. whiche liuyng
creatures (in drawynge the brethe) receyued. for this

disease was founde in other beastes like as in men.
The astrologers fetch the cause of this Infirmitie
from the sterres, sayenge that it procedeth of the co-
junctions of Saturne and ayars, which was
not longe before. and of .ij. eclipses of the sonne:
and they doo affirme. that by these synes they might
perceyue many coleryke. and flumatike infirmiti-
es to folowe. whiche shulde long contynue and
slowly departe, as Eliphancia. lepre. tetters. and
all yll kynde of Scabbes and boiles. and what so
ever euylles deformethe and vnasshionethe the
bodie, as the Gout, Palsey. sciatica. Jountache
and other like daungers. And that these thynges
shulde channce rather in the north parte by reaso-
of this signe. Aquarius, wherin fell the fyrste
eclipse: And in the west parte by reason of the
sygne Pisis. in the whiche fell the last eclypse.
But the phisitions affirme this sicknes to come
of yll and haboundant humours. as of coler
blake adust yelow. and flume salt or adust. &
that of one of these alone. or of certayne. or els
of all these myngled. whose sharpnes styckynge
to the outwarde partes of the body. burneth and
dryeth the skynne, and fylleth it full of scabbes,
but that whiche cometh of rawe heuy and grosse
humours, the saie is dryuen into the ioyntes. and
causeth great peyne in them. and to aryse knob-
bes and swellynge. and knottes to gether. and
the skyn to ryuell. And more ouer the heed to take
wherby the beautie of the bodie is cleane altered.
and gone. Some breuely concludynge. say. that.

De morbo

this infirmitie cometh of corrupte burnt. and
infected bloude. And all these thynges where in
doubtfull disputation: that nature therof not
yet knowne. but nowe it is knowne. they be also
approved for in myne opinion this sickness is
no other thyng, but apostumacion and rotting
of vnpure blood: the whiche after it begynneth
to drye. turneth into swellynge and harde knob
bes, the which thyng proceedeth of the lyuer corrupte.
To knowe more of the nature or qualities of this
infirmitie, shulde be very tedious and harde to
iudge. for we see in our tyme what dyuers con-
ceracions. and opinions haue benne to boldly dis-
puted and what payne the physicians haue ta-
ken therein sens the begynnynge therof. The physi-
cions of Germany. for the space of .ij. yeres.
medled with such disputation. and yett whan I
was but a boye, they undertoke to heale me: but
what profite cam therof, the ende hath shewed. not
withstandynge they were bolde to medle with.
strange dregges and spices, and to myngle and
mynstre many thynges. whiche they shulde not
haue mynstred. And I remembre. they forbode me
to eate peason. for in some places their growe ter-
rayne wormes in them with wynges of the whiche
hoggesflethe was thought to be infected. by cause y^e
beaste specially was diseased either with this or els
with an other not moche vnlike vnto this.

*Into what disease the frenche pockes are
toured. Capit. iii.*

The paynes of this disease all redye rehersed
are in maner no paynes to the grefes that
foloweth therof: for the disease turneth it sel
fe into gret inconuenience and payne: In so moche
that all maner of sickenes, haupnge or causynge
any payne in mans Joyntes. semeth to be conta
ned therein. For fyrst there is sharpe ache in the
ioyntes. and yett nothyng appereth: afterwar
des the gatherynge to gether of humours cau seth
the membres to swell. but after that suche vile mat
ter is waxed harde, than a man shall fele the vehe
mente paynes therof. This is the fyrste commynge
therof. For it semeth to edific and fortifie a castell,
ther to reste a longe season. and then to dysperse
and caste into euery parte of the bodie all man
of ache and paynes. And the longer the saide swell
lynge tarre from rotyng and rypynge the mo
re payne shall the patiente suffre. And aboue
all other paynes of this infirmitie. this is the vi
olentest. and that troubleth manne mooste. I
my selfe hadde suche a lytyll knobbe, and swellynge
aboue my lyfte hele in the inner syde. the whiche
after it was indurate and harde. by the space of
yn yere, coude by noo power of oyntementes.
or any maner of lappynge and cheryshynge
be made softe, or caused to putrifie and rotte but
continued styll lyke a boone, vntyll that by the hel
pe of Guaiacum it vauyshed awaye by litlell
and litlell. This thynge as touchynge women
resteth in their secret places. haupnge in those pla
ces litell pretty sores full of venemous poyson beinge

very dangerous for those that unknowingly medle
 with them. The which sickness gotten by such infec-
 ted women, is so moche the more vehement and gre-
 uous. how moche thei be inwardely polluted and
 corrupted. By this the senevris at some tymes do
 flake and waue harde agayne, at somtyme they
 shrynke, and sumtyme the sickness turneth it selfe
 into the gout. or into the palsey. or into apoplexy.
 and infecteth many one with lepre. for it is thou-
 ght. that these infirmities be very neighbours one
 to an other. And that for many reasons, whiche are
 comen to bothe euylles. They that be taken wth poxes,
 often tymes become lepres, and often tymes through
 the sharpnes of their paynes they shake and que-
 uer as men in a feuer. After all this there buddith
 out and apere smalle holles and sores whiche tour-
 ne them selfe into cankers and phistuls, or continu-
 all sores: and the more they putrefie, the more they
 dimynyshe the bone. And whan the bones be putri-
 fied and corrupte the patient through longe con-
 tinuance of sickness. waxeth lame. for the fleshe
 consumeth awaye and there remaineth but only
 the skyn to couer the bones withall: and through
 this many a one chaunceth to be thisiques the wi-
 inwardly be full of corruption. Beside all this.
 out of this infirmitie floweth another. which some
 men do calle cacecia. the which fylleth a mans
 fleshe and also his skynne full of water. Somme ha-
 ue sores in their bladder. and often tymes many men
 thei lyuer and stomake is utterly consumed by this
 infirmitie. And this thyng their opinion is false.

that saue that the gatherynge to gyther of humours.
and swellynge wrynkels and knottes come not
of the nature of this infirmitie. but that it chann
ceth ouerly to those that haue bene rubbed and a
anoynted with ointmentys made with quicke
syluer. I am sure the moost parte of the phisici
ons of Almayne be of this opinion. but yett
they haue bene disceyued in this sickenes. as
they be in many other. for I knowe it for a suretie.
there be some. that haue hadde these infirmities &
sickenesses. whiche were neuer noynted with quicke
syluer. as I haue hadde experience in my father.
Ulriche de hoten.

*Howe men at the begynnynge resysted
this Infirmitie the frenche por
tes. Capi. iii.*

When the phisitions were thus amased.
the surgions came forward in the same
errou. and put to their handes: and
fyrste they beganne to bourn the sores wth hote
yrons. But for as moche as it was an infirmitie
labour. to touche them all. they wente aboute to
aduorde them by oyntmentes. but dyuerse men
used dyuerse oyntmentes. and all in vayne.
excepte he added quicke syluer thereto. they beate
for this vse the pouders of myrre. of mastique of
ceruse of bayberyes. of alum. bolly armonie. cina
ber of xermelon. of corall. of bourned salte. of
rustye brassee. of leddrosses. of rust of yron. of

De morbo

Rosen. of Turpentyne. and of all maner of beste
oyles. oyle of bey. oyle of pure roses and terebyn-
thum. oyle of gynecper. of greate effecte. oyle of
spyke. swornes grece. fatte of ore feete and butter
made specialli in may. talowe of gootes and har-
tes. virgyns honr. powder of red wormes dryed
in to dust. or consumed with oyle and beaten cam-
fyre. euforbium. and castor: and with ij. or iii.
of these forsaide thynges myngled to gether. they
anoynted the sicke mans ioyntes. his armes his
thies. his backe bone. his neck bone with other pla-
ces of his body. Some annoynted them ones a
daye some twyes. some thryes. some foure tymes.
The payente was shutte in a stufe. kepte with
continuall and feruent heate some xx. and som
xxx. hole dayes: And some were laide in a bedde
within the stowe and anoynted, and couered w
manye clothes. and were compelled to sweete. part
of them at the seconde anoyntyng beganne to
saynte meruaylously. But yett the oymtmente
was of suche strengthe and effecte. that what
so euer disease was in the hyer parte of the bodie.
it drewe into the stomake. and from thens vp in
to the brayne and thens the disease accorded both
by the nose and the mouth. and did put the pa-
cient to suche payne that excepte they toke good
hede. their tethe fell oute. all theyr throtes. theyr
tonges. their roffes of the mouthes. were full of
sores. their iawes dydde swell. theyr teeth were
loosed. and there continually there auoyded the
moost styntyng skome and matter. that coude

be. and what soo euer it ranne vppon. by and
by it was polluted and infected. wherby their
lyppes so touched. gathered sores. and within
forthe their chekes were greuously pyned. All
the place where they were. dyd stynke whiche ma
ner of curynge was so pynfull. that many
had leuer dye than to be eased. how be it scantly
the hundreth person was eased. but shortly after
fell downe agayne: so that his ese duryd very
few dayes. wherby men may esteeme what I suf
fered in this disease. that proued this maner of
curynge a vi. tymes. with great iopardy and
peryll. wrastryng with this cupll. iij. yeres. And
yett in the meane tyme takynge what so euer
thyng was thought to withstande and resyste it
for we vsed bathes and herbes lapped about the.
and drynkes and coyses. And for this we hadd
arsyncke. inke. calcantum. verdegres. or aqua for
tis. which wrought in vs so bitter payne that they
myght be nudged verie desirous of lyfe. that had
not leuer dye than so to prolonge their lyfe. but
tho curynges were most bytter and pynfull. wh^{ch}
were made with ointmentis. And was also so mo
che the more dangerous bicause the ministers
of it knewe not the operation therof. ffor the sur
gions only did not vse it. but euery bolde felowe
went aboute playnynge the phisition. grynge to
all maner of men one ointemente, either as he
had sene it ministred to other. or as he had suffered
it hym selfe. And so they heled all men with one
medycine as the proverbe saithe One shoe for both

De morbo

fete. If ought happened amys to the sicke. for lacke
of good counsell. they wist not what to do or say
And these men tormenters were suffered to practise
on all persons what they wolde while the phisi-
cions were done as in an vniuersall error and
ignorance. And so with out order or rule. with
tormente of heate and sweat plentie, all were
cured after one facion. without regarde of tyme.
habit or compleccion. No other these ignorant
anoynters had not so moche knowledge. as w-
laxes to take away the matter. which caused the
cruyl. or to diete them or appoynt any dyuersite
of meate. but at length the mater must come to
this poynt. that they shulde lose their tethe. for they
were losed. their mouth was all in a sore. and
through coldenes of the stomack and sylthysse
they lost appetite. And all thoughe their thirst
was intollerable. yet founde they no fynde of
drinke to helpe the stomack: many were so light
in their brayne. that they coude not stand: and
some were brought in to a madnes: and not on-
ly theyr handes trembled and shoke therewith. but
also their fete and all the body. some mumbled
in their spekyng as longe as they lyued. and
coude haue no remedy. And many I haue sene
dye in the myddell of their curyng. And one I know
dyd so his aw. that in one daye he fylled. in hus-
bonde men. throughe immoderate heate which
they suffered patiently. shutte within an hote
stewe. trustyng that they shulde the sooner ob-
tergine theyr helth. tyll throughe vchement heate

their

theyr hartes fayled them. and perceyued not them selfe to die. and so were wretchedly strangled. Other I sawe die. whan their throtes were swolley in the intrie. that first the fylthy matter. where they shulde haue auoyded in spitting. coude fynde no way out. and at length their breth was lyke wyse stopp'd: and an other sort. wch they coude not p'sse: very fewe there were that gathered helth. and they passed through these icopardies. these bitter pynes and cupples.

what helpe I vsed in this
sickenes. Cap. v.

AS often as I was annoynted. to kepe these cupples frome my mouthe. that customably came I vsed only alam whiche I kepte in my mouth. rollynge it frome one syde to an other vntyll it melted. And whanne I went aboute to wrappe vp my sores. and comforte my membres. I vsed these herbes. absmthio. camomilla. hyssoppe. prilegio. arthemisia. sage. and other suche boyled in wyne and water.

And ones for my sores I made an oyntement by the counsell of Eytelwolfe. of alam verdigrese. purest honny. and vinegre by equall portions.

And afterwarde I lerned of a souldyours in Itali another oyntmente. made of lyme and water. after this maner. I put well water or ryuer water in to a newe potte neuer seasoned before with any licour and sodde it therein: and whan it boyled feruently I poured it vppon vnslapt lyme / that is it that no

water hath touched in a bason or a cleere vessel of
 wodde. before not occupied with any licour. And
 whan the lyme was dissolued. and after a littell
 reste laye in the botom: I toke away the skome that
 swome aboue. and mourne not the lyme. pow
 red out the cleere water, and kepte that for my pur
 pose. whanne I wolde occupie it: I toke a sponge or
 a linnen clothe. and deyped hit in the water. somme
 tyme rolled. as I moughte. and often tymes war
 med and moysted my soores therewith. wasshynge
 and wyppynge awaye all the fylthynesse. Thanne
 toke a peece of clothe soo moysted and lapte it about
 my soores. And with this water my peynes were
 eased. and the swellynge swaged. the soores were den
 sed. and the heate and enflamacion dryuen awaye
 whiche thyng is to be maruailed at. seynge the
 nature of lyme other wise is to kende. I founde no
 thyng like this: And me thoughte I was well holpe
 therewith. and had auoyded the destruction. that was
 at hande. In so cruell assautes of this disease I used
 also cassia. if I wolde be laxative and dyd often ty
 mes sweate. and let go bloud drawen owte with
 gourdes. And whanne I was in Italie monysshed.
 that to eate in the mornynge the quantite of a wal
 nut of rasius terebynthia. shulde be of great effica
 cie to amende the fautes of the bloude. what ma
 ner thyng it is. I knowe not. and to make the be
 lie lanke. and helpe the stomacke whiche bothe thin
 ges I founde trewe. I used the same. They saide also.
 that it dyd helpe no lyttell thyng the synowes.
 and strengthened the ioyntes and mem bres. And by

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Gallico.

meanes and abstinence of meate and drynke. & good dyete. I attroyded many thynges. whiche moughte haue vtterly destroyed me in so longe and iniurious season. for the moost parte wanderynge abroad in the worlde. and through pouertie dryuen to moche aduersitie. neuer at rest and quietnes. but alwayes vexed and troubled. And haue soo preserved my selfe. that all thowghe my legges were eaten. with soo many depe and greuous soores. yet was there not oone synew hurte. nor oone bone perysshed. And if at any tyme the disease toke my face. noo euylle happened in my mouth and fouge. so that the inwarde partes were preserved: for I voided awaye those thynges. that mighte hurte my stomake. and with a rare helpe defende my lightes and longes: and by these helpes I moughte suffer and dryue forth this disease. but clerely putte hit awaye I coude not: whiche thyng was the easynge of payne. and not the cuttyng awaye of the cause of payne. the dryfferynge of euylle. and not the takynge awaye therof. A better remedy came of Guaiacum ye of that only came helthe whiche I do intende now to describe.

**The description of Guaiacum. and
the syndringe therof and
name. Capi. vi.**

If we oughte to gyue thanks vppewarde vnto god. bothe for good and euylle. howe moche are we bounde for the gyfte of Gua-

De morbo

iacum: ye howe moche dothe the gladnes and Joy of his benignitie towarde vs. passe the sorowe and payne of that infirmitie. The vse of this woode. was brought to vs out of an ylonde named spag nola. this ylonde is in the west nyghe to the countrey of Amerike sette in that plate where y lengthe of Americke. stretchynge into the northe dothe ende: and was founde of late dayes amonge the newe landes. whiche were unknownen by the olde tyme. All the inhabitauntes of that ylonde sometyme be diseased with the frenche pockes. lykenyse as we be with the me sels. and smalle pockes. so or they haue noo other remedie for it but this.

A certayne noble man of spayne. beyng treasourer in that prouynce. was greuously troubled with that infirmitie: And after the people of that londe hadde taughte hym that medycine. he brought the maner and vse therof in to spayne. shewynge of what power and vertue it was in those partes.

The phisitions wolde not allowe it. perceyvinge that their profite wolde decaye therby. not withstandinge at lengthe they toke in hande to cure with the same woode. but wth such arrogancie, attributyng soo moche to their preceptis and order. that excepte they were obserued. they affirmed this woode shoulde be spent in vayne. whiche thyng I maruaile they coulde perswade to any man. and make hym beleue it. semge it is playnlye knownen. that in that ylande were neuer phisitions. And yet hathe this woode. Guaiacum alwaies ben there used. But in this cure what besynes is mete for the phisition. I wyll here after declare

re. Nowe I wyll speake of the thyng intended. They
haue gyuen it this name Guaiacum. for soo the Spa
nyardes write it with latyne letters. folowynge their
owne maner of founde. whiche worde the people of
that ylande pronounce with open mouth. huiaacum.
And Paulus Fritius shewed me at the Citie of August.
that he harde saye of a Spanyarde whiche had bene in
that ylande that the fyrste syllable. Gua. of this name.
was not pronounced of the Spagnolenses. with G.
but that his owne touge dydde requyre it so to be writ
ten. And they of that ylande founde it with. V. puffed
out. as though it were huiaacum. a worde of three
syllables with theym. and not. Guaiacum. we may
gyue vnto it some excellent name. callynge it lignū
vite, as. Philo the phisicion called his dregges the
handes of god: and to this daye the phisicions with
greate boyste calle their confections. marmis Christi.
apostolicum gracia dei. Antidotum. Paulium.
and many other suche superstitious names. They
saye it groweth like an ashe with vs in heygth. and
is rounde. bryngynge forth a nutte moche lyke a
chesse nutte. his tymbre is oyle and fatte. in colour
lyke boxe. but somewhat blackyshe. And they iudge
that the beste. that hath moste blacke: but that which
is lyke to boxe. differeth frome that which is blacke.
for this is within. and thother withoute: or to speake
more playnely. the blacke is as hit were the harte &
marowe. The wodde is marueylous heuy. for the
leaste peate of hit caste into the water. synketh straighte
to the botom. There is no wodde soo harde as it. for it
is so harde. that it wyll not cleaue: nother hitherto

haue we sene any. that was chyned. And they that sell it
 saye it wyll in no wyse yane or chay. whan it bourneth
 and flameth. it makyth a swete odour: and there folow
 eth fro it. whan it burneth. a gome whiche we yett
 knowe not. for what pourpose it serueth. This gome
 is somewhat blacke and shortly after it is fallen away.
 it is verpe harde. The barke is not so thicke. but is mer
 uaylous harde. whiche tokens well marked. I thynke
 he that shall comterfete this woode can not deceyue the
 byer. for be it. a manne may be deceyued in the colour.
 how is it possible all these thynges to be in one. a fat
 nes. smellynge. somenhatt lyke rosen. suche weight
 as no woode hath besyde: Chan the gomme that co
 meth from it. whan it flameth: suche hardenes that
 maye scantly be cutt: And the leaste pece cast into the
 water wyll not swim aboue: And the taste ones kno
 wen wyll neuer suffre a manne to erre. whiche as it is
 to all men vnpleasent. so it is to me ye very pleasent
 They saye it contynureth not after it be sodden. but pal
 leth. in the sommer after thre dayes. and in the wynter
 somewhat later. And therfore we muste chose the
 fatteste and weyghtiest therof. for that whiche is olde. is
 lighte and leane. Vppon this description lett the physici
 tions. if hit please them. drawe out the causes of suche
 efficaeytie by theyre longe disputation. as for me I
 more reioyce what it is. than I serche what maner of
 thyng it is. howe be it I grannte theym worthy of mo
 che thanke. that shall fyrst shewe vnto vs the nature
 therof throughout known: But nowe there be some.
 that weye and esteeme the strengthe and vertue of this
 tree by these known markes. as though they had suffred

it in all poyntes. whiche thynge is done, as me seemeth. very hastelpe and tynely, thynkyng that the cause and reason of suche efficacie and powre oughte to be serched for in this tree. after his nature and vse is known. lyke wyse as it is doone generally in all other medicines. But none of his vse. and how it oughte to be prepared vnto medicine.

*Of the orderynge of Guaiacum
in medicine. Capit. vii.*

It is ordred after this maner. The wood must first be made as small as may be. whiche thynge some do. at a torme and thanne without any more ado. they laye the shauyngees a water. and somme doo firste broyse or stampe them in a mortar. soo moche that they bryng them into pouder and duste. to thynntente they may the sooner be throughe soaked. and their strengthe sodden out. But I wote not. whether that make any matter. I haue sene some that haue cut it firste wth a sawe. and thanne raped the pyses with a rape. and haue taken and putte theym in to water. Howe soo euer it be. whether it be tourned. raped. or beaten to duste. they soke a daye and a nyghte one punde mighten eighte of water. taken either of a well or of a ryuer. or as I dyd. of a pytte. than they seth it in a newe glased potte. and clene washed. with a softe fyre of coles. by the space of. vi. houres. & more. vntylle hit come to the oone halfe. with greate hede ta and diligence. leaste hit runne ouer throughe moche heate. for that whiche ouer runneth loseth (they saye) moche of his vertue. and is of lesse power. And therefore it may not

be sodden in the flame. but it requireth fene cooles. and
 a pottenot filled almoste by the m parte. The skome
 that floweth aboue they taken awaye to anoynte the
 sores with: for we knowe it to haue moche power to
 drye. After it is thus sodden. they streyne it. and pow
 re it into a glasse. And than they put to the groundes
 eight pounde of water and sethe it agayne as befo
 re as it were a seconde messhyng. This thynne
 they gyue them to drynke with their meate: the first
 is dronke in the stede of a medycyne. And this is all
 to gether. that deliuereth vs frome soo great and
 greuous dyscase. this decoction is it. This is the chief
 poynte and anker of our helth. And it hathe so lyttel
 nede of any other thynge. that it wyll not abide any
 maner myxture. or mynglyng. as I wyll shortly
 after declare. Some wolde that lighte water and
 clere shoulde be gotten for this purpose. Somme ad
 mitte all maner swete water indifferently. by cause
 in sethyng what so euer it be. it is purified. All wolde
 that good diligence and hede shoulde be taken in tyme
 of sethyng. that it runne not ouer or boyle to faste: &
 they byd that the pot be close stopped. that nothynge
 brethe out. but whan the skom is perceyued to ryse. it
 must be softly opened. and the skomme taken oute.
 and soo couered agayne. They put this decoction.
 whanne it is streyned into a glasse onely bycause
 it shulde be sene. and by cause a glasse of all vesselles
 is pureste and cleamest. The colour of this decoction
 is some what like muddye water. whan it is some
 what troubled. wete linnen in it. and it maye the
 grene of a meruayllous shewe. The releffe therof at the

first tastynge. is some what soure. but to hym that v
sethe it. bi lyttell and lyttell it waxeth pleasant. The
phiscions were so bolde. as to put. to a pounce of this
iii vnces of honny. whiche thynge as I do not improve.
soo do I denye it to be necessarye. And I wolde nothynge
shoulde be added vnto suche a thynge beyng of suche
power. where as it nedeth not. For what nedeth a man
thereto bestowe his labour where as no nede is: And
to save the trouthe the relesse of Guaiacum is not soo
greivouse that it requireth to be tempred with honny.
yea were it not for my maisters the phiscions all mene
wolde be contented therewith. Howe be it what nedeth
me to name phiscions. whan I speake onely but of
tryflers: for they that be conynge and experte as is.
O mooste noble pynce. Stremer thy phiscion (and
throughe frendshipe myne also) and thy other phisci
on Coppus. suche I saye. understode and knewe howe
hit is not comeniente. eyther to meddle it with vnkno
wen thynges. and myngle theym or elles to add ought
vnto those thynges. whiche as yett are not perceyued
to lacke oughte. The whiche thynge as hit chaunced
vs to haue communicacion of this woode Guaiac
cum. at the cytie of Auguste. whan many hade ad
uysed me to commytte my selfe to this maner to cure:
and I for newnes of the thynge wolde here none of
them: Stremer speakynge after this maner of this
woode with greatte grauntie of wordes saide. that
he feared lest the helthsome and excellent power of
Guaiacum shoulde be defamed throughe the super
fluous additions of vnlearned phiscions: whiche
thynge if it were not doone, nothynge coulde be

De morbo

founde better agayste this sykenesse. And with his wordes caused me streight withoute any taryenge to caste my selfe hedlynge into this experience of Guaiacum. And therefore I wolde this: none ones spoken shulde be generally vnderstande. that as often as I shall complayne in this smalle treatise of phisicions all men shoulde thynke me to meane them that haue noo erudition nor experience. and that bothe them selfe amongste the common people. of the title and name of theyre doctorship. whiche they bought that knewe nother greke nor latyn. and yett no science requireth more erudicion or knowledge of the tonges than phisike. the wyche beyng mooste ignorant. do lyghtely abuse the simple people of Germanyne. semge there is noo doubt made of his lernynge. that is ones garnysched with the name of chauster doctour. But why haue I vsed in this thyng so many wordes: verli to make my cause good with the excellent prynce. and to defende my selfe agaynste them. that by this occasion moughte accuse me. as one that spake wordes more snappishe than besemed me. whiche thyng whan somme of the lawyers and diuines dyd of late. agaynste whose lernynge they saide I muered wout good maner. whan I did synbbe but onelye the vnderued. and them whiche were sore greued and were bitter enemyes vnto suche good lernynge. they caused many a good manne to thynke. that I was agaynst them. and yet was that thyng farre from my maners. and also the purpose. wherby I than was occupied. whiche thyng semge I perceiue your excellentnes to knowe well ynough. I wyll leue these runnegat

anoynters. and thuryshe phisicions. and also these vntaughte doctors. and comyne vnto Guaiacum the whiche in medycyne must thus be vsed.

The maner of Curyngge
Capi. viii.

The patient muste be kepte in a close chambie without ayre or wynde. where fyre muste be nourysshed contynually: or elles he must be in a stene after the maner of Almane whiche shall nat neede alwayes to be kepte hotte. but muste be close. and defende from aye. that noo aye blowe vppo hym for the tyme of his curacion. he muste also be ware of colde. Therfore if he be cured in wynter. or in Autume. he muste loke. that he haue fyre in his chamber. eche in the mornynge specially before daye. for than is the colde feruente. he muste cause the cleses of the wyndowes. yf any be. to be stopped with plaister. or other lyke matter. and vppon the chambie dore muste he hange carpettes. or other lyke thynges. within and withoute that no colde or ayre entre in to the chambie. or come out. whan he is thus ordered. his meat must be dimynished. fyrste the fourthe parte of that he was wonte to take. and than the thyrde parte. and shortly after the one halfe. yf he maye lerne to beare hunger: and his wyne muste be well watered: thanne muste he take a purgacion other with regarde that it be suche a oone as shall be thought sufficient to cutte awaye the cause. or take awaye the matter. that nourysseth the dyscase.

other such a one withoute any regarde at all as may
 emptye the hole bealy. for that thyng. as I perceyue
 onely is required. whiche thyng done thanne may ye
 thereupon begynne this worke after this maner. The
 decoction whiche was fyrste sodden. and is strongest.
 must be ministred vnto hym twyse a daye mylke
 warme. a goblet or cyat ones in the mornynge at
 v. of the clocke or there aboute. and agayne at nyght
 at vii of the clocke. we call a ciatis a cuppe that
 wyll receyue halfe a pounce. wherof we maye ga-
 ther. semge vñ pounce of water is required to the
 sethynge of one pounce of wodde. and the one halfe
 therof muste be consumed in the sethynge. that soo
 there muste iij pounce remayne. and muste drynke
 therof twyse aday. that the decoction of one pounce
 of Guaiacum is sufficient for the foure dayes.
 for it is nowe a comen maner with phisitions
 to measure their licours by weighte. and they ha-
 ue cleane caste vpp the names of measures.
 It muste be dronke at one draught withoute
 any breth takynge.

After he hath dronke. let hym reste more than iij
 houres. and lette hym the fyrste ij. be couered. that
 by the helpe of heate this medycyne may be diges-
 ted abroad into the membres. and the patient may
 sweate oute that that noyeth whiche thyng to do
 howe profitable it is. I wyll declare whanne place
 cometh. And it shall not hurte. if he be clo-
 se couered one hole houre before he drynke that
 he may be hotte.

Somewyll not in any wise he shulde ryse from

his bedde in fyue houres after he hath taken his
cyates of drynke.

He muste take his meate in the myddaye and
not before. and than as lyttell as may be for this
medyane aboue all thynges requireth an emptye be
alpe. And therefore he muste eate. not to fill his emp
tynes. but to beate vpp the lyfe. not to gyther
strengthe but to kepe hym selfe from feyntynge.

Neither is there any icoperdy to be feared. for
Guaiacum hath the greate strengthe in it selfe
bothe to refreshe. and also to comforte. not
suche as be full. but onely those that are emptye.
ye they saye. that none faulleth. eate he neuer so
lyttell. so that he drynke faithfully this decoction.

In meane tyme. he shall not be anoynted in the
oute syde. excepte he haue soores or swellynges.

And for this there is a white oyntmente made
of Cerussa. rose. oyle of roses. with Camphi
re. whiche is laide on with a linnen clothe. Som
anoynt them onely with the skome of Guaiacū.
or elles drye it into powder. and caste it vppon
them. And besides this skome. there is nothyng
of this decoction occupied in the out parte. Some
be healed in shorte tyme. and some longe. The
mooste parte in thyrty dayes. Ther commaunde
hym to be pouerged agayne the xv daye. for this
reason. I thynke. bycause as Alexander. Aphrodi
cyus thynketh. they that hunger and receyue not
their meat as they were wonte to doo. falle awaye.
and gather a certayne sharpe matter and eger.
soo that suche matter muste be auoyded. that the bo

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dy of the sycke may be emptye. This decoction shall not be dronken that mornynge. whan he receyueth his purgacion: but at nyght lette hym take it agayne. and after that daye he maye eat more largely. And agayne the thirte daye more liberally: howe be it this more liberally. and more largely. must be very littell as I shall shewe you in the nexte chaptre. But some, leste any impediment shoulde be to lette the operacion of this medicine. haue kepte oone order of eatynge equallye throughe out the xxx. dayes: and trulye the strongelyer a man abideth to hunger. the better and more quickly he shall be healed. And althoughe the desyre of eatynge growe daylie more and more. yett muste he remembre to absteyne. comforynge hym selfe with the suertie of helthe if he so do. for the bodie beyng so wasted and emptied. not onely with hunger. but allso with sweate. ye beyng longe tyme as a deed bodie throughe the greivousnes of this euyl. shall highe faste to the appetite of meate and drynke.

Whan this cure is comme to an ende. soo that the sicke is almoste redie to go abroad. he muste than take agayne some medycine to purge hym with but so that after that purgacion he maye drynke agayne as he dydde before. iiii. or fyve dayes space. wherw they make up the hole cure. Some wylle not that he shulde goo out of the chambre. where he lyeth. before tyll he be thorough hool. Some thinke xxx. dayes sufficiente to kepe his chambre: & that he maye than goo forth but yet warely by

lytyll and lyttell. and not streyghte into the open
aire: but fyrst he must walke in the same house
from chaumbre to chaumbre. and thanne to some
neyghbours house. not ferre of: vntyll he be used
to suffre the aire. for ther maye be no sodeyne chan
ge. but muste vse hym selfe to all thyng by lyttel
and lyttell. And that whiche remedyeth of the
sykenesse they saye wyll lyghtely behoolle after he
ones sterc abrode. And that to be trewe I haue pro
ued in my selfe. for whan the xxv dayes were pas
sed. the soores of my legges wher not yett closed.
and therefore. I kepte tenne dayes more. And whan
those v. dayes were gonne. yett was not I hoole.
wherfore fearynge the colde. by cause wynter than
beganne. I intended to kepe in other. x. dayes. but I
was compelled by the phisicions counsell to goo
abrode. and put it in auenture. whiche thyng
happened not amysse. Howe be hit the soores that I
had than were not depe in the fleshe or swollen out
warde. but onelye in the hyer parte of the skynne.
and lacked nothyng else but the skynne to couer the
with. whiche they had scantly the xl. day after I went
oute. And I that tyme. in verpe sharpe wynter. made
my iourneye frome Wyndeleye into France. The
causes of this slowe healyng. I dydd coniecte this
to be. The phisicion suffred me to eate more mea
te. as I after perceyued. than I shoulde haue doo
ne. and also he sodde my drynke thynner than he
oughte. for I occupied not fully. v. pounde of
this wodde. where as other occupie eighthe. and
some. x. whermy my phisicion was deceyued.

for he seynge my bodye weake of nature. and more
 ouer extenuated and consumed with the longe co
 tynuance of this grieve thoughte that a lytell thyng
 ge was sufficient to dryue away the disease. and
 for that cause sedde me the largelier. fearynge sore
 lest my strenghe shulde fayle me. whiche was
 double error. For soo moche as he oughte not to
 haue looked what my bodye was. thanne. but what
 maner of bodye it was wonte to be. and agayne
 the nature of this medycyne is suche that it wyll
 suffre none to faynte for lacke of strenghe. wherfore
 be they neuer so weke they oughte not therfore to mi
 nistre the lesse but rather somewhat the more. for
 it dothe nothyng soderly. but workyth helth by lytyll
 and lytyll. and therfore I alowe best that decoction.
 that was longeste at the fyre. and is comme to a lyt
 tell of moche wodde: soo that I wolde counsaile theym
 to the intente hit moughte be the stronger. to sette
 hyt often tymes to the thirde parte.
 And if any wolde be lose helped. that is wonte to be
 bounde. they wyll hym to take the powder of Gua
 racum sodden in the water. and to drynke halfe
 an ounce therof in the mornynge. And if that helpe
 not at the first. to go therunto agayne. But this
 framed nat with me. no not whan I toke it agayn.

*None a man must hyue and diet hym
 selfe in this Cure. Capi. iij.*

There is yett moche a doo for the orderynge
 of a man. as touchynge his diet. Some
 thynke

thynke beste to eate nothyng but breade whiche
Galenus calleth the cleannest fedynge. with a fenne
rasyns. whiche bread they gyue to the weight of
iij vnces. without salte or other sauce. And they
thynke best to absteyne generally from all maner
of mete. except it be a lyttell broth made with a che
kyne: whiche they are contented he suppe or eate with
his breade moisted therin ones a day. for at nyght
they gyue nothyng but a fenne rasyns. and an
vnce of breade. Other wyll that he haue halfe a
chekyn. if it be yet yowng and tender: but if it be
any thyng grownen. they thynke a quarter ynough
whiche muste be sodden in cleane water. wherunto
they put nother salte. nother other sauce. but some
putt a lyttell suger therto. Of bread they gyue iij.
vnces at nyght as before. a fenne rasyns with an
vnce of breade. But as longe as he is vnder cure
he must take hede. that he neuer soo moche as taste
salte. They allow white bread made of wheate well
bulted. whiche made for the nones. they season with
suger. whiche thyng is not ayll. There be some y
adde to his fedynge not soo moche in the place of
meate as of medycyne a lyttell borage. other of the
leaves onely. or if there be any of the flowres. whi
che he shall eate sodden in water alone. or with his
chekyn. And this is the order of fedynge that some
do kepe continuallye. some thynke. xij dayes suffici
ente for this diete. and than they wyll his hunger to
be eased: and the xviij daye they gyue hym meate
twyse. But lett hym take hede. that folowe that. for
treuly this medycyne requireth that the pacient be

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made as thynne with hunger as may be possible. Howe be it some channce to be thorough healed within xv dayes. and yet that not with standynge they putte to a few dayes more thereto. They drynke vnto their meate of that seconde decoction not warmed but colde. And this is all the fare. for hitherto none durste passe this measure. Not with standynge I dispryse not the phisicians that dispute of the daungers. that maye chaunce to drye and hot bodyes. if they be dryuen to this strayne diete. bryngynge for them. Galen and also. Ippocras. which seme in many places to be agaynste this exquisite diete in fedynge. But of these that vsed Guaiacum. I sawe as yett none in ioperdie. and I gather at this tyme preceptis and monitions oute of experience. and not doctryne out of booke. And also I my selfe am of drye and hotte complexion and yett this hunger brought me nothyr into a ptisyke nor etyke. which thynge they seme to feare.

For as moche as it is thoughte wysedome to provide for all thynges. I wyll that if any man. feare hym selfe. that he gett phisitions to kepe hym and that this is sufficiently spoken of this thynge. I wyll nowe goo forward with other thynges.

In the tyme of this cure. the patient muste forbear all busynes and cutte awaye all sadde thoughtes. and reste frome all care. And therefore they commaunde reste and quietnesse from consultations. and also studres: soo that y

mynde may vtterly be free frome all moeyons
and workynges. and gyue hym selfe holly to y
delnes and reſte. loſed frome all trouble and care.
whiche thyng muſte be vnderſtande of all ma
ner of men. but mooste ſpecially of them. that
be naturally melancolye: They muſte alſo be
ware of angre: for that as Galene ſaith. Fen
deth chiefly the coleryke matter. And more ouer
we muſte take hede that nothyng happen in
that tyme that may moue vs to heuynes. Lett
the ſycke perſon here ſyngers and mynſtrells.
and gyue hym ſelfe to ſportes. paſtymes and
muſike. and ſome tyme delyte hym ſelfe with me
ry talkyng. But to company with woman.
how moche he muſte eſchew that. I myll ſhewe
hereafter. I toke great pleaſure in redyng and
makyng merry thynges. And the phyſicions ſpa
ke agaynſte it. and not without a cauſe. ſeyng
they beleued it. to be labour buſines vnto me: but
I toke it not as my ſtudye but as a paſtyme.
and for my reacion. But yett wolde I nott
this to be to other for an example.

Now ſome begynne to waxe verrey hungry af
ter the ſyete daye: but I felte no greſe before.
the x. daye. And in this caſe this is the onely
comforte. not to ſe other eate. nor to ſe meate.
nor to ſmell the ſauour therof. Neuer the leſſe
whanne any perceyueh hym ſelfe to faynte.
and were ſeble for lacke of meate. I wolde not
that he ſhoulde by and by receyue meate or
ſtrange confection. to comforte and brynge

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agayne his strengthe. but to refreshe his spirites with odours and plesamte smells: for euen wth the sauour and smell of suche odours, Galenus thynketh the sprite and lyfe to be nourished and comforted. yet in thys thyng as regarde must be had. what euery mans complexion requyret. lest lyke thynges be ministred to them that be drye and hotte. and vnto them that be moyse and colde. ar thynges of one qualite be mynistred vnto them all. that be of both extremes.

As I doo more alowe through out the thynges. that growe amonge vs. as familiar and nygh to our nature. so by the example of Democritus who with the vapour of hotte breade made his sprite euen then departynge to tary hole. in dayes. thynke I that we shoulde helpe them that faynte. other with that breade. or els with a roasted oymon holde to the mouth: for I pleynty knowe. that in an oymon was sometyme of suche vertue and powre. whiche thyng is also proued to be doone with the odoure of wyne. for therewith. Philip the phisicion didde recouer. Alexander. as we may se in Quintus. Curtius.

And by the traditions of the olde phisicions we se his power and vertue in this purpose preferred aboue all. But by all meanes we muste nouryshe the spryte with the swete sauours and smells: for soo moche as that is the lyfe. and aboue alle thyng the odoure of olde swete wyne is praysed in thys thyng. Nexte is the smelle of honny. speciallye rose honny. also of appulles. of the whiche

Gallico.

thyng. Stromer neuer ceaseth to mony she me.
 affemyng that he knoweth. howe stronge. and how
 helppynge they be in this thyng. Of these some pre
 fere oranges: other preferre Cotomia mala. Wyne
 ger is also praysed. but specially vineger made
 with roses: and mustarde is welled alowed. for
 these thynges. they saye. doo refresshe the wythes.
 and sustayne the strengthes. As for Cinamom.
 nutmegges. Styrack. Citrous. Saffron. a Gylo
 flower. muske. Camphire. and suche Costely wares.
 I leaue to deynite felonnes. But cumyn. Anesse.
 coriander. Lauander. Amara. roses. Mynte.
 Fenel. Rosemary. Violettes. Sage. Castore.
 with other growynge amongst vs. none of the
 phisicians that haue any iudgement. improueth
 but they affyrme these to be good for this purpose.
 And I often tymes doo vse suche helpes to the great
 comforte of my helthe. The sick man maye also
 vse rubbynges. soo that they be softly doone. by all
 the tyme of his saide lyenge: whiche as they are
 for other thynges profitable. Soo I beleue they
 wolde not hurte in this thyng. Lett hys heed be
 rubbed with a warme clothe. and combed with
 an yuory combe.

That Guaiacus wyll not be
 myngled. Capi x.

Herthermore this medycyne wyll abyde
 nothyng to be putte to hit. Where at
 the phisicians be commonlye astonyed:

De morbo

whiche wolde we shulde haue none other medycines in pryte. but suche as receyue theyr power from the in partes of the worlde. whiche thynke that they shulde lose all theyr auctoritie. excepte they ioyned to gyther for vs in their poticary compositions. Inde. Aethiope. Arabie. and the Garamantes. that dwell in the extreme parte of the worlde. for what wyll they allowe. that is not dere and costely: And I beseeche god. that thei counsell be neuer harde nor obeyed in the vsynge of this woode Guaiacum. And that Stromer maye be in this thyng as a prophett and in my iudgement a trewe. for he feareth. and that very wysely. lest they at lengthe wyll putte their handes ther vnto.

Therefore lett. all men beleue me. that haue proued this medycine. that is sufficient to heale this disease: and that of it selfe withoute any other thyng. But as I saide. a purgacion in the begynnynge. and agayne a lyttell the xv daye. and than in the laste ende whiche thyng I wolde haue done with some one thyng. not with any medycine made of many thynges. for I verilie beleue. that the phisicians loke than to theirowne profite and lucture. and not for the helthe of men. whan they saye they muste serche. what taketh awaye the cause of this infirmitie. as though this woode dydde it not. And verily. this is euident. there is noo other cause to vse suche purgacions. but to cleuse the bealy. and agayne with abstinence and hunger to draw

oute and emptye the holle bodye. But what say
ye therto : In that rude countrey where this.

Guaiacum groweth. are no physicions. noo
strannge nor ferfetched wayes nor rules of phi
syke. But perchaunce menne vse there some
herbe or rote to pouрге with. and all do vڤ one
thyng. not to take awaye the gresse. but that
whan the hely is emptyed. Guaiacum maye the
better worke. wherfore in this my counsell is.

that ye tourmente not your helye with thyng
to stely prepared. and speciallye to auoyde the
composicions made of many thynges.

In this mynde I stycke surely. that I wolde suffre
nothyng to be pouرد into me. but onely cas
sia by it selfe. and yett they offered me gladlye
many thynges. And I was wonte also before
to poure in not onely. Ruebarbarum but al
so other thynges more barbarous than Ruebar
barum. but my counsell came to a very good
ende. whiche counsell if any wyll folowe he hathe
an example commaimde mente he hathe none
for we teache not these thynges keynge our selfe
taughte of other. but we mouysse you. that
whiche we haue proued. whiche thyng I wol
de all shoulde remembre. that I teache nothing
here rashelye. but that whiche I haue lerned by
myne owne experience and proue I deliuer vn
to other. And if I hadde lerned ought elles. it
shoulde not be kepte close : but nowe seynge by di
lygente serche and studious labour. I haue
founde out the power and vertue of Guaiacu.

De morbo

Whiche if I doo not well perceyue. it is a faule. But if I haue lerned it. as it is in dede: I do not greatly couet rewarde ne laude. I wyll shewe you all the hole faithfully. for that hath this medycyne deserued of me. excepte. I wolde be vnthankfull. for soo greatte benefites. And therefore seynge many well lyfynge menne of nature are corrupted through the dyuersitie of medycynes. yea and some of theym vterly destroyed. my sentence is. that nothyng shall be added to helpe this medycyne. for this wood of it selfe is sufficient to plucke vp this disease by the rootes. If any thyng be put vnto it specially of these thynges. that are inwardely receyued. this medycyne taketh noo helpe therof. but rather is corrupted and lett from his workynge. This thyng must be added therunto. that they which drynke of this Guaiacum. of what soo euer state they be. in this sicknesse haue soo littell nede of bathes. that they be vterly forbode by them that be experte. to washe soo moche as theyr heed. as longe as they shall be in this cure. and are permytted very seldom to washe ther handes. but neuer with colde water.

what place the Physicions haue
in this cure. Capi. vi.

But nowe I knowe that some suspecte me to be of this mynde. that I wolde on physicion to be vsed in this cure. whiche

thyng is far otherwise. For my mynde is. that
somme. that is well lerned and wise. shoulde be
gotten. whiche is not bolde ne liberall in pouring
in of poticarye ware. his custodie and also his
order. if he haue lerned the vse of the administration
of Guaiacum. I wolde the sicke parsonne shul
de vse. And these mischeuous busy felowes. whi
che are soo gladd to offer to vs this straunge
ware. and medycynes. if any be broughte fro
the heedes of Nilus. of whiche. the more they
coste the more they make of them. auansynge
them aboue the mone. these I say I wolde haue
dryuen away. and in nowyse to se the sicke no
not throughe a latys. I haue proued this thyng
euen soo to be as. Asclepiades nudged. whiche.
thoughte all maner drenches vnfrendely to the
stomake. And Celsus also saithe that medycanes
for the mooste parte hurte the stomake. ye and
more ouer that happened to me. that the same
authore shewed before shulde happen. that medy
nes receyued into the body. whan they had byn
kepte in the lower partes. were dryuen backe a
gayne into the heed. and caused great payne.
whiche thyng lette all remembre that wyll en
tre into this cure. that they commyt not them
selve rashly to suche tourmenters. not onely by
cause the nature of this woode is not yett well
known. but also bycause it is their maner ne
uer to knowledg ignorance. but allwayes to
commaunde somewhat. to mynistre. and
gyue somewhat. vnto whom a man shall

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at noo tyme shew his water. howe well and hel
the full soo euer he be. but they wylle make their
bylle to the poticaries. reape recipe. take take.
saynge that outher they suspecte some sickenes
to be begon. outher elle that the whiche is now
at hande. must be prevented or it come. excep
te thou swallow this save they or drynke that
thou haste the ayes. O mischeuous men. yf
they may be called men. and worthye to be
hated of all the worlde. But what soo euer they
be. they haue ben bolde to take vppon them ma
ny thynges of late. aboute the administrati
on of Guaiacum. trustyng in them selfe.
vnto that worke. the sellers therof helpynge the
forward through some conuencion and bar
gayne made betwene them. I beleue for whan
they sawe. that by meanes of this rude. wyle.
and contemptible medycyne. there shulde be here
after no nede of theyr dysceptacions. for I.
knowe some that wolde withstande soo fauo
rable and good a thyng. and yett durste not.
And of the other syde. whanne the merchann
tes feared. lest they shoulde sell but lyttell. if the
phisicians allowed it not. for no man wolde
lyghtly goo vnto a medycyne that came frome
so stramige a place. and was mynistred soo
farre frome the comney maner of medycines.
thanne they agreed betwixte them. I beleue. y
this shulde be sprede amonges the common
people. that the phisicians labour was ne
cessary in this cure: Soo that they sellynge a

remedye approued of the phisicians. mought
gette as they were wounte. and the phisicians
in the meane tyme shoulde lose nothyng
of their styppendes. seynge that they were called
vnto this cure.

I know certeyne phisicians of a better sorte.
that wente into spayne in the Emperours
name. and in the name of a bisshoppe here.
only to enquire and serche for this thyng.
And these. whan they were taught of them
that lerned and knewe the thyng in Spag
nola. tolde nothyng in maner other wyse.
than oure experience hath: but that they ad
ded of their owne braynes. what medyanes.
vppon what dayes. with what obseruaci
ons ought to be receyued. and by a mathe
maticall dyete. howe they shoulde behaue their
selfe in eatynge and drynkyng. which thyng
I beleue. they dydde of noo euyl mynde. but af
ter their maner and supersticioufnesse. vsed
of somme good phisicians. whiche are soo de
syrous to helpe the sycke. and are soo tender to
warde them. that sometyme they doo more than
they shulde. Their good myndes I doo allowe.
but yett I thynke it dangerous. to agree vn
to all men in all thynges. But to retourne
agayne to these yll mynded phisicians. I
thynke they be agreed with the marchantes.
that they may be admitted into parte of the
lucre and gayne. for I my selfe dydde see a cer
tayne phisician. if we vouchsafe to calle a rude

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and an vnlearned asse by his name. who with many wordes dyspraysed this wodde. Guaiacum. as a vayne thyng. and nothyng worthe: but that the merchantes fayned it to doo these thynges. But shortly after this lewde dysprayse was called vnto the cure of a certayne riche manne. and shortly after to an other. And whan the manne beganne to smelle the golde. and sawe greatte gaynes to comme throughe the multitude of suche sicke men. he beganne fyrste to be more gentyll. and to dimynysh his cruelties and malice more and more. and within a while preyed this wood. and greatly auanced it. and saide: I nowe at the laste I my selfe haue proued the meruaylouse power and vertue of this woode. Nay nay asse. but nowe thou hast founde thyne aduantage therin.

And after thys maner thys medycyne semeth to come into their canons. lyke wyse as all other medycynes haue done. whiche thyng if it be done by the auctorite of the wyse expert. and lerned phisicians. I improue it not: howe be it my mynde gyuethe me. and I verily beleue. that they canne not doo it as yett: And agayne I thynke hit not very necessarye. for eyther in Spaguola. where are no phisicians. somewhat is lackynge vnto this medycyne. or elles it oughte here lyke wyse to be ministered. withoute suche supersticioufnes and formalites. Maye there any man be soo lyghte of beleue. as to thynke that the phisicians can

handell this busynesse more commynge. than they whiche knowe it by experience in them selfe consideringe howe that Guaiacum. hath not continued soo longe with vs. that they myghte in that space haue serched and lerned his nature. And to speake in fewe wordes. men doo yett meruayle at the thyng. and is not as yett come vnto perfytc knowlege. Therfore canne it nott be vnder theyr canons in thys shorte tyme, or any cause of his operation shewed.

Lette this therfore styrre faste in all mennes myndes. that they thynke thys symple dyete sufficient to cure and heale them whiche we teache by experience in oure selfe. Lette theym be seene and lofed vppon. of the sober and lerned physicians: but lette theym leaue the dregges and spices of this other sorte. Lette them beed fare well foreuer and daye to these that goo about to restore vs frome diseases with their disputacions. These are they whiche as I saide. allowe no thyng that is vyle and of smalle price. and whiche thynke that I telle fables. whanne I say that I haue dryuen awaye the axes more than eyghte tymes. by drynkyng of myne owne water. by and by at the begynnyng: and with no other medycine. And that I haue sene menne in Savonie. whiche haue quenched all maner dyscasses with drynkyng holte buttered beere. And agayne they wyl not beleue me that there is a seruante of my fathers. whiche with. m. cc.

tayne herbes sodden in wyne. hath heled a mannes
 brayne panne broken to peces: and many sore and
 euill woundes hath he heled with a fewe herbes of
 our owne growynge. sodden in wyne or water.
 And that within .x. or .xij. dayes. without any feare
 of feauer. But this they thynke a vyle medycyne.
 sayinge it is not done after their canons. and the
 same thyng do they nudge of Guaiacum. whose
 nature and power. howe deelye they vnderstonde.
 and what maner wordes they vse to haue of hyt.
 we may perceyue by the answer of a certayne no
 ble physicion. not nowe yonge. that he shulde be
 gyne to practise. but of extreme age. that is verie
 lykelye he fealeth. Amen. Mesuen. and other au
 thors of physyke as well as his owne wayles.
 This physicion whanne I was wrytynge these
 thynges. and takynge my iourney from ffran
 keforde. where he was wrytynge of his recipe. was
 asked of a certayne frende of myne. what he thou
 ghte of Guaiacum. I haue not seene it, saide he.
 but what so euer it be. the weighte. the colour. the
 sauour. muste be considered in quantite and
 qualitie. Chan saide I. his weyght is very heuy.
 and synketh in the water. howe littell soo euer the
 cuttyng be: and hath the same colour almoste
 that is in bove. and it smelleth fayntely. somme
 what of rosen: doeste thou knowe nowe by this
 what the nature and power of Guaiacum is:
 Chan he thynkynge to face me downe with wor
 des. chattered I wotte nat what. out of Aristotelles
 predicamentes. Chan saide I. It may be. good father

sange the disease is newe. and this a newe medycyne. that the hole matter is yett ynknownen vn to you. Thou arte deceyued saide he. it is noo newe dyscase. seynge. Plini wryteth therof.

Then I. beinge desyrrous to knowe. what he knewe in Plini. that I knewe not. asked hym. what name plini gaue vnto this disease: Oen tagran sayde he. Quia vexat mentem. that is to saye. by cause it vexeth a mannes mynde. Then sayde I. why and doo not other infirmities and syknes than tourment and vexe amans mynde: or dothe not frensyes. madnes. the fallynge euill. and other ransysshynges of the mytte this thyng more than the frenche pockes: As he was interpretinge I can not telle what: good olde man. quod I. lerne agaynste an other tyme to answer more wisely. and specyallye in suche thynges as apertayne to mannes helthe. For if ye hadde redde Plini. ye wolde not say. Mentagran. to come amente but amento. for in the chyn that dyscase fyrst began. whiche thyng declareth it to be an other syknes than the frenche pockes. And who coude forbear to rebuke this myscheuous mad asse heed: But lett vs passe ouer these rascall phisicions. of the whiche we se a great parte riche in wordes. but in the knowlege of thynges verie poore. and lett vs retourne to oure pourpose. wherof this is the pithe that phisicions shall be taken in this cure. not as mynsters of medycines or healers. but as lepers. And these to be. as I haue ofte sayde. chosen

De morbo

wyse and well lerned. and mooste experte. and
suche as hadde leuer be wyse by theym selfe. than
erre with the common sorte. And suche as yf
they coude heale a sicke manne with eatynge bea-
nes. wolde not seeke for any tofely and especially
straunge medicines.

**Whether concernynge this cure there
ought any regarde to be taken
of thage of the sexe. or the
qualitie of bodies. Capi-
xv.**

When they. whiche I tolde you wente into
Spayne. to knowe the vse of Guaiacum
enquired. whether chyldren and great
aged parsonnes moughte be holpen with this
remedy. for seynge they were weake. it was in
doubte. where they coude abyde this diete: an swer
re was made by them that hadde bene in that y-
londe. that they neuer sawe chyldren by this reme-
dy deliuered frome sickenes: But the menne of
that ylonde shewed them. that children were won-
te soo to be cured. and women lyke wyse with-
oute any difference. and olde men also very ofte.
wherupon I remembre the notable sayenge of
Hippocras. that olde men maye well awaye w-
fastynge. but men in stronge and stedfast age.
scantly. yonge men moche worse. and children
worste of all. specially they that are of a forwarde
and quicke mynde. How be it. Galenus wyll not

olde

Gallio.

olde meime there to be vnderstande men of the
 laste caste.
 furthermore it is well knownen. that they that
 are of a sanguyne qualitie of bodye. maye
 abide hunger better and longer than the co-
 lericke. for in the sanguine the humours y
 nourysse the bodye are more abondante
 and plenteous, the heate is temperate and
 lesse burnynge: for it is myngled with moy-
 sture to make it slacke. but in these other all
 thynges are thynne and drye. and nedre of
 humours. I Dowe who doubteth, but they
 that be fleumatike maye beste abyde hunger.
 for they haue more moyster than they
 nedeth. whiche thynges marked and percei-
 ued, none that wyl take this matter in han-
 de can lacke counsaile. in what age or co-
 plexion so euer it be. but he shall knowe to
 diminish the meate. and howe to enlar-
 ge hit. and agayne howe to brynge in strayte
 fastynge. and howe to lose it. I Dother that one
 hie. but also howe moche or howe lyttell of Gu-
 aiacum ought to be spende. I Dowe be it in
 this thyng. I thynke lyttel regarde to be taken.
 by cause this decoction. as I haue before tol-
 de. is not suche as healeth by violence. or has

De morbo

tely bryngethe helthe. but suche as bryngeth
forthe his effecte slowly. and by lttell and lpt
tell. and in a maner cann not be perceyued.
soo that I thynke it not to be feared whether it
be mynistered to an olde manne. a chylde. or
a mayden. lest there be to moche gyuen. so that
no man passe to farre the mesure. whiche
I haue apoynted. Therefore ye se. that. I com
maunde noo more to be gyuen to the fatte.
than the leane. And all so. Gelsus saythe.
there is moche diuersytie betwixte a stronge
bodie and a fatte. and agayne betwixte a
thynne bodie and a weake. for they that be
thynne they haue moche bloude and they that
be fuller haue more flesshe. whiche thyng
ofte tymes deceyueth the phisicians. as I
tolde you it happened in me. while they iud
ged a slender bodie to be weake. and a fatte
bodie and greate to be stronge and myghty.
Thys oone thyng. I thynke beste to shewe
you of in the way. that my father beyng al
most. xl. yere olde. was holpen with thys
Guaiacum. obseruyng and keepynge this
diette straitely. and yett suffred no great
gryefe: and in the meane tyme counsaylled
with noo phisicion. no he sawe not ones a

Gallico

physicion. but onely vsed my prescriptions.

*Whether the vse of this wodde be lyke
in all places. Capit' viij.*

Furthermore I note it well. that men
wyll aske me whether the vse and ef
fecte of Guaiacum be euerye where
lyke. And also seynge it is a verie strannge.
thyng. whether it be as conueniente for the
Germaynes as the Spanyardes. and for tho
se that lyue soberlye. as for these that lyue o
ther wyse. for as it semeth noo doubte in other
medicines. but that there oughte a regarde to
be taken. of the nature of the place. soo lykewyse
ought there as semeth. aboute the administra
cion hereof. for as the season of the yere muste
be marked. soo lykewyse muste the plage of y
sye be considered. and that for many causes.
and speciallye by cause we maye abyde hun
ger otherwyse in a thicke ayre. than in a thyn.
But the residue of these thynges. I leaue to
the physicions. to be more dyligently discussed
of them. That that I haue lerned. and as mo
che as semeth to appertayne to the Germaynes.
I wyll open vnto all men.

De morbo

They of Spayne thynke. this medycyne. ought to be lyke wyse mynistred in all places for this dyscase. semge it hath nothyng. but that that all men maye vse euerye where in differently. and also hath ben proued amonge the people of fyue dyuerse nations. fyrste it came frome Spagnola into spayne. and than other nations aboute theym soughte what profyte wolde come therof. And whan they understode. that many hadde used it prosperouslye. The Etylians receyued it. from thens it came into Italye: and shortlye after we of Germaine haue lerned the power ther of by experience. And of late we haue saye. that by the helpe of this woode. many be cured in ffrance. whiche thyng seynge it is so. and seynge we lyue vnder that ayre. whiche is not so moche subiecte vnto syckenessis. as the countray of spayne and Italie are. throughe the subtilnes of the ayre. and therefore nedesse to feare those yuelles. whiche maye otherwyse chaunce. as the feuers. styttches and suche other: And agayne seynge we haue stronge bodys. that maye well. awaye with laboure. hunger. and thyrste. And also the myndes of the Germaines. for

the mooste parte. are merely sett. what shulde
cause vs to thynke. but that oure region and
menne be very apte vnto thys medycine: whi-
che thyng. Paulus. Pyrus. a phisician of
pure nymement and highe erudicion. appro-
ueth. and more ouer affirmeth. that he know-
eth by playne experient. that no nacion is
more apte vnto this dyete. But if we hadde not
seene some restored vnto helthe throughe the
helpe of Guaiacum. and none shoulde be
gyuene to proue it: we ought not beleue. that
god were so amocke sette agaynst vs. that he
wolde eyther kepe this helthfull medycine fro
vs. or defraude vs of the vertue therof. seynge
it was broughte frome Spagnola into Spai-
ne and hadde the same vertue there wiche it hadd
at home: excepte a man wyll saye that Gua-
iacum dysdayneth to be caried vnto vs. his
nature fyrste not channged. or wanne it com-
meth to the Germaines. that than it suffreth y
greate and myghty powre and strengthe of
his. to be taken frome hym. and noo where el-
les. And it is playnely knownen that with vs
his helpe is very present. and peraduenture
more presente than elles where. And oure
men. as they be moche gyuen to surfetyng.

De morbo

so can they. if nede require. abide ver longe and strongly bothe hunger and thurst. And more ouer as our bodyes abounde with heate. so are they very stronge. for after the iudgemente of Aristotlle. they that inhabite colde countreys. haue moche naturall hete in they and they that haue moche heate for the moost parte are of great strengthe. And by cause the Almaynes vse moche eatynge and Drynkyng. Riccius the phisicion was demaunded of late. what he thought. whether it were beste to remit some what vnto theym in this cure of this sceler and thynne dyete. and he saide: Noo by saynte mary. not thus moche. but rather handle theym the strayer. lette these great belyes used in eatynge and drynkyng. be dryuen to a moche thynner dyete than these thynne and leane Italyans. And he shewed me hym selfe. that he hadde pryncssed with hunger one of these fatte felowes. v. dayes longer. thanne he ought to haue done. by cause he wolde haue nothyng remayne that myght lette the operation of Guaiacum.

This thynge and suche other I doo gladlye reherse by Riccius. and doo make often mention of Stromer. that suche as shall rede this

boke may vnderstande. whome I call good
and right phisicians. and howe vnmorthye
I thynke these commen tormenters of meeme
of the dignitie of this title and name. And
that straunge countreys maye knowe that
Germaine hath some good and excellent
phisiaons. And that I delyte as moche in the
lernynge and amytie of them. that be good
and well lerned. as I hate these vnlerned and
foolehardy felowes. whiche after they be for
theyr moneye ones made doctours. strenghte
professe. that they canne reuue the deed. and
restore lyfe to theym that are buried. But I
wyll retourne vnto these two. whiche be of
a nother sorte. of the whiche two. Stromer
whan I asked hym the laste yere a medycyne
to pouрге me with. saide. doo not reue thy sto
make with medycynes in this age of thyne.
in whiche nature is able of her selfe to doo all
thynges moche better. for as he is verye scar
se in pourynge in of medycines. soo bryngeth
he all sicke people vnto a verye strayte rule of
diete. wherfore whan he hadde taken in hande.
to cure one in the cytie of Auguste after the
se mayes. and he saide. that he feared. lest he
coude not abstepne hym selfe from women.

De morbo.

Seynge than saide he thou haste decreed to dye.
thou haste noo nede of my helpe. and soo forso-
ke hym and lefte hym to his intemperancie.
Of this sorte there are two phisicians moo of
excellent name: wherof the oone is thy physici-
on. mooste noble prynce. named Gregory
Coppus. whiche hath holden me noo littell
thyng in the wrytynge hereof the other contri-
nueth in the archebysshoppe of Colyns court.
called James. & belly. a man of soo greate au-
torite. that four yere afore that he was made
the comen phisicion. all phisicians were they
neuer soo cunnynge gaue place vnto hym.
The other was hadde in greate honour of all
the chiefe lerned men of Papia. where this
studie floryssheth. as well for the knowlege
in phesicke as for other good lernynge whiche
he hadde iorned vnto phisicke. But this is
noo place to reken vppre the excellent lerned.
men. but my purpose is to wryte myne expe-
rience of Guaiacum. And therefore in this pla-
ce I repte this to conclude with that. I verelye
thynke. that this woode wyll helpe all maner
of men. where soo euer they be become brough-
te vp. or continue.

What tyme is beste to take here
vnto. Lapi. xij.

It seemeth for somme causes that folow.
that it is better to proue this cure in som-
mer than in wynter. fyrst by cause as
as Galen saythe the moysture in sommer in-
creaseth and runneth in all the bodye and dothe
good and comine: and therefore the pestylence
humours maye lightly be seperated frome
the good. and they may be expelled and banys-
shed: and these that be holsome and good kept.
Secondely by cause all dyscasses in wynter do
fasten theyr rotes deper. and take surer holde.
and in sommer contrary wyse. the humours
be styll mouynge. and the bodye is apte vn-
to all chaunges. But these considerations
appertayne generalli vnto all diseases: But
as concernynge this oure cure of Guatacū.
for as moche as a greatte parte of hit stan-
dethe in dyete and suffraunce of great hunger.
therefore it is moost expedyent to begynne in
somer. In that season a man may better awaye
with this dyete thanne in wynter. whan men
are very hungry. for yf the bodye. beynge hotte
and boyllynge of hit selfe. as it is in sommer.

De morbo

shoulde moreouer be loded with meate. hit wol
de hightelye be dissolued into dyscases. But in
the wynter it woll not soo. for soo moche. as.
Hippocrates saith that in wynter a mannes
bodye inwardely aboundeth with naturall
heate. and outwardely lacketh it. for so moche
as thanne it auoydeth and fleeth frome the sha
rpnesse of the colde. wherwith the body oute
wardely is compassed. into the inward parts
es. as vnto a stronge holde and castelle: and
there closeth it selfe vpp: but contrarie wise in
Sommer. the same naturall heate in mannes
bodie foloweth. as Aristotle thynketh. the. Na
ture of the aire. and therefore putteth forth it self
and fleeth oute to the extreme parties of the body
But soo it is. that the verie nature and proper
tie of this medycyne is to reduce in to the bo
die. and brynge home agayne suche naturall
heate as is loste.

And therefore this it seemeth unconueniente
to goo in hande with. or putte in experience this
cure in the wynter. for than it is thought dan
gerous. when the heate of the outward parts
is drawen vnto the inward partes lest the
outward partes be forsaken and lest emptye
of their strengthe and power. speciallly in them

that be colde of nature. Whiche otherwysse in the wynter loose their heate. and haue their bodyes slayne throughe the violence of colde. and be lyke vnto deade folke.

But here maye we not passe ouer that which Loppus admonysseth. sayenge. Guaiacum moueth a manne to sweatte castynge oute the euill humours that be noyefulle to the bodie: Therfore saith he that sommer is mooste apte for this cure. wān the humour ar more subtylle. and the skynne thynner. And in wynter the wayes and pores. by the whiche the sweatte shoulde haue his course. and be expelled. are stopped. and the humoures gathered to gyther. and clodded. But on the other syde. for soo moche as in thys cure doone by Guaiacum. the sicke are greued with nothynge more than with thurst. it is thought. that the sycke may worse abstayne frome drynke in sommer than in wynter. Wherfore in sparne. and where the heate is vchement. they durst not hytherto proue this experymente in the sommer. Furthermore. in wynter. after the mynde of Alexander Aphrodisius there in gendrieth on a may throughe moche eatynge. For than haue men moche better appetyte. than in other

De morbo

seasons. an humour called pituita. that is fleume. which thinge mought be auoyded. yf this cure were than in hande. in which the great abstynence muste be obserued and kepte. These thinges we haue spoken as touching the tymes of feruente heate and feruent colde. and now we will speake of the other two seasons. that be betwixte bothe of the which two Autumne semeth be worste of bothe. for than is there greaſte abundanſe of all maner sicknesses. and the humours waxe worse and worse. bycause this tyme of the yere is vnegall and withoute order. alwayes chaungynge and inconstante byngynge in many kyndes of diseases. For as Celsus affirmeth. Autumne fylleth many a one.

Furthermore the frenche pockes are verye noysfull to synowes, and the said author teacheth. that wynter and Autumne be not mete nor apte tymes vnto medycines. for the resolution of the senowes. But these are the reasons of them that dyspute generally and speake nat onelye of the vse of Guaiacum. wherfore this I thinke. that sommer at the leste wayes in Almanie may be beste ta

ken: but that is that parte of somer. that
begynnyth whan yere endeth, as m. maye.
for than there is not here so moche heate. but
the sicke maye well abyde and suffer thurst:
And in wynter the colde is veri feruente. and
lykenyse in vere and Autumne the colde is
sharper. thanne the sicke may abyde this cure.
For it is one of the chiefe poyntes for hym.
that is restored by Guaiacum. with all
diligence to eschewe colde. And as for suche
in commodities. as may happen in the som
mer to the intente they maye the lesse be feared.
I haue spoken of before. and shall repete them
agayne. whanne place shall be. And neuer
thelesse at this tyme. I doo asfirme. that this
drynke of Guaiacum dothe meruaylouse
ly styre vpp the naturall power and stren
ghe and hathe power and mighte to qui
ten and to make lustie the bodie. whiche for
lacke of naturall heate is weak and con
sumed: whiche thynges yf they were not
as I haue saide. and hadde not Hipocra
tes in a certayn place. if I well remembre
me. saide: that Vere and Autumne are the
mooste apteste tymes to lett blouode and
myyster medycynes. verily the counsaylle

John Fre

of Iesus shulde thanne haue semed beste.
whiche saith: Dere is the holsoneste tyme to
goo to phisyke. and nerre vnto that wynter.
and that is verie daungerouse. and Autumne
mooste daungerouse of all.

*That we muste vterly forbear
wyne and women in
this Cure. Capit.
v.*

No maye I not boldly affirme. this
medicyn to be giuen vs of god.
seyng it neuer helpeth. excepte a
man be giuen to holynes of lyfe: Verilie.
where as we be brought into the fauoure of
god by two vertues specially. that is by the
chastitie of bodye. and abstinence of meate
and drynke. as the lawes of chrystian peo-
ple beare recorde. Lett hym be sure. excepte he
bynde hym selfe straitely in these bondes.
he shall not onely come into the medicine in
vayne. but shall goo forwardes also in the
same with noo lytyll daunger. In so moche
that it is playnly knowen. that he shall dye
withoute remedye that vsyth any womany

before the y^el daye after the cure is begonne either by
cause the bodye so emptyed. is not able to suffer the
nature of that acte. or elles by cause god wille
not that any man shulde vse suche his greatt be
nesfite vnpurely. And therfore amonges all them
that proued this woode m. almayne. it hapned
one felowe to dye. and that through thys faute as
they that were present affirmed by their othes.

And nexte vnto this the vse of wyne is know
en moost pestilent. and muste be auoyded in
this cure. For it looseth the ioyntes of the bo
dye. and hurteth the synewes. And for asmo
che as it hath vehement power to enter in
to the iymmes. and shake all the bodie. it is
thought. that this decoction of Guaiacum
shall not profyte in his bodie. that vseth wyne
but shall rather put hym in reoperdie and
feare of death. whanne these thynges. Gua
iacum and wyne. whiche are mooste contra
rye. mete and come to gyther. Therfore some
there be. that monyssheth to abstayne frome
wyne an holle monethe after the tyme of this
cure is paste. for so moche as this medycine
kepeth his course of workynge many dayes.
after it is drunken. And therfore lest any thyn
ge shoulde stoppe or lett it they take awaye the
vse of wyne. and he that fleeth the voluptu

De morbo.

ous pleasure of the bodye muste take hede that
he geue noo place to glottonye. For the olde pro
uerbe witnesseth. that hunger neu^r begetteth adultery.
And agayne it is saide. that Venus waveth
colde withoute breade and wyne. Aelianus
writeth. that Zalenus the lawyere of Lorense.
forbode syde men wyne vnder payne of dethe. w
out the phisicians counsell. But be it the na
ture of Guaiacum myght suffer this volup
tuouse acte. and dyd not abhorre wyne. yet
dothe the phisicians booke with full mouth
make mencion. that they are very hurtefull &
greuous vnto that body. which is take with
thys syknes. and pryncipally for the ioyntes.
Wherefore. Celsus reporteth. that there were
some that were vexed with ache in theyr lym
mes. which throughe one yeres abstinence
from wyne and womenne haue bene safe all
theyr lyfe. And the same Celsus concludeth. y
suche as are borne chaste. or be gelded. or chyl
dren. or euer they fall to womans companie.
and lykewyse women. excepte theym that haue
their flowers stopped. are seldome tempted w
this disease. And. Alexander in his probleme
saith. that suche as drynke water onely. are
quicker in all senses thanne other. For wyne stop
peth

peth the waxes of the mynde. and dulleth the
 senses. And Licerio saith. that for so moche as
 wyne profyteth the sycke but seld. and hur
 teth verie often it is moche better not to gyue
 it. than vnder the hope of doubtfull helth to
 runne into open icoperdie. And Demis. m
 what so euer stat a man be. coldeth the belye
 and dryeth it. if Aristotle be true. for in
 such couplynge. the naturall heate depar
 teth. and throughe the enaporacion that tha
 is made drynes is caused and ingendred.
 Lo sobernes and chastyte two hohe ordina
 ces of lyfe. be the principall obseruacion
 in this thynge. the highest p:cepte. the chief
 poynt of helth. whiche diligently keptenoo
 icoperdie can ryse. for be it they take the
 medycyne or vterly stoppe and let it. yet they
 put not aman in icoperdye of his lyfe. whā
 they be neglected.

That salte muste be eschewed
 in this cure. Cap. vii.

Amonges all the thynge that must
 be auoyded somme men do mer
 uaille why salte is forbydden to be

De morbo

used for the space of this diete. consideringe
there is other tymes nothyng more holsome
for mannes bodie: and they saye. that they.
can not perceyue howe any hurte shulde com
therof in this dyscase. The which commeth
all to gether of the corrupcion and putrifac
tion of the bloudde seynge onelye salte moost
of all thynges preseruethe and defendethe fro
bothe these. And more ouer the nature of salte
is to make faste and drye vpp. to bynde &
dense: which propertie were thoughte most
meteeste and necessary to be ministred. to pluc
ke vpp this disease by the rootes. ffirste by
cause the bodie infected with the pockes. is
loosed and shaken: secondely bycause the hu
mours procede and flowe out from one mat
ter. Thurdely which is the chiefe poynte of
all. by cause the corrupte and infecte bloud
is yett within the bodie vnpoarged. ffor
this syckenesse is noo other thyng than a cer
tayne order and state of the bodie chaunged
through the trouble of the bloudde: Euen
as it happeneth in a Citie. whan a sedici
on and parte takynge entrech into a com
mon welthe. and the common people be mo
ued in their myndes: than are all thynges

scattered abroode without order and mo-
ued oute of there places. nothyng hangeth
together. nothyng standeth. nothyng a-
bydeth. no quietnesse. no peace. but all
full of trouble vnto the whiche chaunge of
the bodye. motion of membres. and shakynge
of ioyntes with all suche troubles there
musste come some sadd and wyse father.
a man of high auctoritie in the common
welthe: for his godhynesse and good deser-
uynge towards all men. who as Virgille
saith maye gouerne and rule with wordes
theyr hartes. and quiete their stomackes. So
in lyke maner is it in salte. whiche as I saide
through fastynge. dryenge. byndynge and
purgynge. dothe putte to quietnes thynges
that are moued. dothe vnte and knytt thyn-
ges that are broken. dothe bynde togyther thi-
nges that are plocked aparte. dothe make caul-
me and quiete thynges. that are troubled:
and bryngeth quietnesse and sauegarde
vnto all thynges: yea howe greatte a thyng
and howe necessarpe thoughte Whynne salte
to be. sayenge without salte a mans lyfe
can not indure: And therfore say they. howe
can that hurte in this sickenes. whiche in

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other diseases conserueth all thynges: And
for as moche as this cure we muste take hede
that noo corrupte humoures be aboundant
and salte resoluethe and densith all fylthy
moystnes. and also kepeth downe and res-
trayneth the flowynge of the body: it is tho-
ught we shulde be more pleuteous of salte
herem. than elles where. Not withstann-
dyng these reasons. we muste haue an o-
ther consideracon herem. And fyrst of all.
as moche as appertayned vnto his disease.
howe the sicke muste forbear salte meates.
not all maner. but onely suche as are very
sharpe. Lette it be asked of the physicions.
whiche haue longe before tyme prosecuted
that matter to the vttermoste for this tyme.
seyng the medycyne of Guaiacum is spe-
ciallye intreated of. we may say. that though
all physicions knowe the vse of salte. excep-
te it be verie lyttell. to be noyes and hurtfull
in all other passions of the synowes. and
in suche diseases as sprynge of corrupte
bloude. and of yelow and blacke colour.
or salte fleume. for so moche as with his
tartenes. it sharpeneth coler. and bourn-
neth the bloude. and with his natue dry

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ues causeth the humours and nutriment
of the body to drye vp. and by that meanes
dystroyeth all thynges. that shulde helpe vn
to helthe. yet neuer the lesse aboute the ad
mystration. of Guaiacum they forbode
utterlye all maner vse of salte: for the same
consideracion they forbode all sharpe thyn
ges. and moreouer all thynges penetrati
ue: and amonge these spices. and wyne.
for so moche as all suche through theyr
sharpnes and persynge power. do open all
poores and entrees. and goo depe: whiche
violence rummyng through the bodie.
Guaiacum can haue no place to worke.
If these reasons doo not satisfye those men
nes myndes. I wyll saye vnto them. as the
philosophers saye of the stone as agnes. if
it be anoynted with garlyck it draweth.
not yron to it. soo lykewyse. Guaiacum
hathe a certayne secrete vertue. and cannot
tell whether it be as yett knowen. to abhorre
speciallie the vse of salte. and whiche power
is loste if salte ones come vnto it. And
this haue we spoken of the forbearynge of
salte in this cure. Nowe wyll we speake
of the slender fedynge and hunger. wher

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with the bodye must be weakened and made leane. wherupon all the matter of this dyete hangeth.

Of slender fedynge. and hunger necessarye in this cure. Capi. xxv.

If thoughe we spake before of the smalle and thynne fedynge. that the sycke muste vse. and howe his meate must be diminysshed. and he broughte to hunger. yete we thynke it very necessarye to warne you ones agayne of the same thinge. in this place. not onely by cause this medycyne requireth a voyde and an emptye bodie. frome all maner fulnesse. but also I wolde declare that in olde tyme there was a lyke maner to cure the sicke. And we mane also rede in Diodoro. that the Egyptians. did heale their sicke. other with fastynge or elles with vomyt. for they affyrme. as he recyteth. that sickeneses are ingendred speciallye of the superfluitie of meate. And therfore they thoughte that waye of curynge to make moste vnto helthe. that takethe away the.

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fyrste causes of the dyssease. Let not therefore
 these dronkardes. these interpretate felowes.
 gyuen to surfetyng. be greuyd with this
 dyete. whiche as Persius saith delyteth one
 wth m^{uch} delicious fedynge. and maye lyue scante
 wth halfe a daye without meate: whose bealy
 as the prophete saith is theyr god. and all
 theyr mynde and lyfe is nothyng but fe
 dyng. lette suche felowes. as I saide. ceasse
 their grudgynge agaynste this dyete. sange
 that therby so excellent and soo good a thyn
 ge is obteyned. and so great an euylle is a
 uoyded with so lyttelle labour. And lett them
 not than in this thynge speake of the great
 reuerdie. whiche maye comme of weakenes
 throughe longe abstynence: as who saith.
 that he may faynt. that eateth after this
 maner. For Plinie saythe that non dyeth
 for lacke of meate before the vii. day. and
 may continue vntyll the xj. day. And albe
 it he wyrteth. that in his tyme there was
 a woman in Germany. whiche lyued
 sometyme fulle twentye dayes withoute
 meate. and sommetyme xxx. And that
 he sawe a maime. whiche continued vii.
 weekes without meate. Drynkynge euery

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seconde daye onely water. Phynp also saith. that he knoweth for a suertie. that the Scythians. haupnge certayne herbes in their monthes. abyde hunger and thirst sometyme xij dayes. And somme also saye that the chris- ten phylosopher. Anonius. neuer eat but onely tosted breade. whiche thyng if any man greatly meruayle at. Lette hym remember. that this is also wryten in the stories. that certayn of the. Magis lyued ones by meale and herbes onely. And that Dio- dore writeth. that the olde Egyptians meate. was herbes and rootes. And Hesio- dus monysheth. saynge. We shulde lyue and eate Malus and asphodelo. And pla- to wrytyng of the laues maketh mency on. that Epimendes was conteuted some tyme soo to lyue. If any man wyll sett these thynges before his eyes. and consy- der theym. than shall he perceyue. that we lyue verpe deynceously in this dyete. and do take in maner more than nedeth. But if it were a very harde thyng to absterne so from meate. what is he that loueth hym selfe so lytell. but he wolde to get his helthe suffer this grieve: or that had not leauer suf-

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fer. xiii. dayes hunger. than to be sycke as longe as he lyueth: or had not leauer passe ouer so many dayes with stronger hunger. that he maye lyue the resydue of his lyfe holle & sounde of bodye. than to auoyde this litell grefe. and to be tourmented all the dayes of his lyfe with intollerable sorowes. & to haue runnyng frome hym stynkyng and fylthy matter: I haue tolde you. that this is no newe maner of curynge: for allwayes the beste physicians haue commanded abstinence to the sycke. Of the whiche nombre is. Asclepiades. who. as Gelsus saith. wyrteth. that the moost souerayne remedie agaynste the feuer is. as he hathe proued it. to diminyshe the strength of the patient with moche watche and abstinence. in so moche that at the fyrste begynnynge of the syknes. they shulde not so moche as wasshe their mouth.

Abstinence. saith Eusebius bothe kepeth the bodye helthe. and the shamefastnes of mynde. wherby it appereth. that lyttell. and temperate sedynge is profitable to the flesshe and the soule. as wytnesseth. Timotheus which beyng on a season w

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Plato at supper hauynge before hym suche meate. as he was wonte to haue. tourned towarde his frendes and saide. They that Plato receyue to supper. shal be well at ease longe after. meanyng that after moche eatynge of dyuers and aboundant costly dishes. deyntheously dressed. there folowed euill and rawe digestion. and greatte grese of the stomake. wherfore afterwarde whan it chanced hym to mete with Plato. he saide vnto hym: ye Plato do ete this day rather for to morowe than for the tyme present.

And in lucian Gallus the cocke Pythagory iudgeth it a great benefite of god gyuen to Micallus. bycause he coude alway with hunger auoyde all feuers. And for that cause was withoute suche dyscase.

Now what shall we saye to that. whiche as saynte Hierome wryteth. that certayne diseased with the ioynt ache and the goutte. after their goodnes were gone. and were from them. and were broughte to pore fare and symple meate they dydde recouer their helthe: for they saithe saynt Hierome. to ke no thoughte nor care for their household.

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and the: habundance of meate and drynke.
 whiche do breke bothe the bodie and the soule.
 And anone after he saith: There is nothyng
 that dulleth a mannes mynde so moche as
 full bealy: ryfynge and founryng hither
 and thither. blowynge out wynde with bal
 fynge fystynge and fartynge.

This story maye be a lernynge vnto ma
 ny men. whiche is redde of a certayne gre
 atte belyed and fatte abbot. As he was cari
 ed vnto certayne bathes. hit fortunied hym
 to mete with a gentilman. who asked hym
 whither he was goynge: the abbote made
 hym answere and saide. that he muste goo
 vnto the bathes. Why quod the gentylman
 are ye sycke: Nay quod the abbot I am
 not sycke. but I haue appetite vnto my me
 ate. I goo therfore now vnto the bathes to
 get agayne myne appetite. whiche I dydde
 of late lose: for they are holsome therfore.
 Verilye quod the gentylmanne. In this
 thyng I canne be a better p^rhyscion vnto
 you. And toke the abbot with hym. and put
 hym into a deepe and darke doungeon. whe
 re he fedde hym certayne dayes hungerlye:
 and than at laste he asked hym. whether he

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had an appetite to his meate: ye marpe (quod the abbotte) I sayth (quod the gentylman) than it is reason that thou gyue me a rewarde for my medycine. and made hym paye two hundred crownes. and sent hym away in good helthe. with suche an appetite. that he coulde haue eaten bothe beanes and lefes. where as before he refused all maner of meate. were it neuer so deyntie: and so was he well ordered. seynge he soughte not meate. with hunger. but hunger with meate. But perauenture we haue spoke more than ynoughe. of this thyng. therfore lett vs go vnto other maters: But fyrste I muste tell you. to make an ende of this Chapter. that. Guaiacum requieth not a bealre that is replemished with varietie of meates. or troubled wth wynde in the mynde partes. but purified and clenched frome all rawnes and grossenes of humours.

**Howe hunger maye easely
be suffred. Capi.
.viii.**

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AND this scarcenes of meate cann
 not onely be borne. but also may
 easily be borne. and that throughe
 the vertue of Guaiacum: whiche after
 that the bodye is oones broughte downe.
 dothe bothe preserue the lyfe. and also cau
 seth that the sick shall not nede to eate any
 thyng at all: Therfore dyd I not without
 a cause gyue warnynge. that the sick
 shulde abstepne from meate as moche
 as may be. And if he waxe feble or faynt
 he may not be holpen with meate. but wth
 the swete sauours. which I speake of. as mo
 che as is possible. putte to his mouth.
 and specially with hotte breadde. But if
 any fele hym selfe to be wasted and readi
 to shide away throughe weakenesse. whi
 che thyng howe it shoulde chaunce in any
 manne. I canne not telle: for in me there
 happened no suche thyng at all. that I ne
 ded any maner helpe: Than I wolde coun
 saylle hym to vse these thynges. Whiche.
 Plinie thynketh easeth hunger. and que
 cheth thyrste. whanne they be verve lyttell
 tasted of. that is butter and lykeresse. redis
 se lykeresse. Or elle in this thyng we.

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musste folowe. Galenus. whiche saith thus: this
one thyng muste alwayes be obserued. that
the physicion be often tymes caused to sitte
by the patiente. to consider what strengthe
he is of. and to cause hym as longe as he
hath any strength to wraastle and fyght
with hunger. And if he begynne to doubte
of his weakenesse. to helpe hym with meat.
Excepte any had leauer folowe that. whiche
Gellius saith. that Grastrat dydde wry-
te. that the Scythians. whan ther for
summe cause must nedes suffer hunger.
do thruste togyther their bealy. and bynde
it rounde aboute very straytly with biode
smadlynge bandes. thynkynge that by su-
che pressynge to gyther of their bealy hun-
ger maye be putte awaye or the caselper
borne. For semge as he saith hunger com-
meth of emptynes. and is caused of the
voydnes and holownesse of the intrayles.
and of the bealy. than whanne the bealy
is gyrded in harde. soo that the emptinesse
is fylled. and the holownes ioyned. there
canne be noo hunger where as these thyn-
ges be not. and vterly forbearynge of mea-
te. maye lyghtly be borne. But why saye

I. vttterlye forbearynge of meate. whiche
canne not be in this cure: I maye well
calle it hunger. what soo euer it be. that
any abideth. for it maye be suffered well
and easely. though a manne take no
thyng in the worlde to helpe it. But vn
to these deyntheouse sicke personnes. what
thyng can be light: whiche canne not
onely suffer noo hunger. but alsoo not
to haue a stomacke vnto meate. they
thynke it intollerable. for the whiche
yf at any tyme they be sicke. we mough
te praye god. that they neuer recouer.
consyderynge they esteeme it a greatte
grefe to bye helthe wyth a lyttell suf
ferynge.

Of these maner persons yf I speake som
what largely. I doo it after myn accusto
med maner. speciallye whan I perceyue
manye of my countreye menne the Al
maynes. to erre in thys behalfe.

The prayse of tempe
rance in spyte
of vyolte.
Capitulum.

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But I beseeche almyghty god that
this nacion maye oones knowe
it selfe. whiche thyng I doo not
desyre so moche. by cause it is vncomely y^e
the people that rulethe all the worlde. shulde
soo lyue. as for that. that suche intemperan
cy and ryotte is an occasion to vs of great
euylles. and also to be greatly dyspyssed.
If other people shoulde eate and drynke as
moche as they coulde. they thynke they shulde
passe the lawe of Nature: but whan we
croume in so moche. that we canne nat
beare it. we loke after laude and prayse.
What meaneth these stryues and contenci
ons of our valyant drynkers: whanne
he that drynketh is receyued with trium
phe. whan it is glorie to ouercome in dryn
kyng. and noo shame to be dronke. and
caste it vp agayne. O countrey. O empyre.
As for the Polonians. or if there be any
other that passeth vs in dronkenness. I re
garde them not. but this nacion I saye
ought to remember them selfe and haue re
garde to theyr dignitie: excepte it seme.
that other nations are comen vnder this
empire. not for the reuerence and opinyon.

whiche.

Whiche they hadde of our noble forefathers,
but to dispise and mocke vs. Verilie it muste
nedes be, that they were farre other men, that had
suche honour giuen vnto them, than we be,
that are thus despised. Is there so moche as a
childe in Italy, that knoweth vs by any other
name, than by the name of Drunkardes?

Synge thanne that other straunge nations
do speake sooner of our vice than of oure hu-
manitie or vertue: shall we not chynge our
lyuynge: Shall we not fere to lose this ho-
nour to our greate rebuke and shame: Or
shall we not thynke, that hit is more shame
to vs to loose the title and profytte of the empire,
that hath bene a glorie to receyue, whanne
it was offered vnto vs: Or that sober menn
and reasonable wyll be contente to be vnder
the rule and dominion of a dronke and bar-
barous. Nation. beyng withoute all good
humanitie. But yf it canne nat happen in
to the braynes of our menne to vnderstande
theyr owne shame, yet at the lest lett the knowe
theyr owne destruction. And if we sette soo
lyttell by the losse of our glorie and the rebu-
ke and shame of our voluptuous mynde,
that we wyll not leaue for that, oure vn-
thyrstye lyuynge: Let vs at the lest wyse,
haue soo moche wytte, as to care for oure bo

dily helthe. whiche muste nedes be troubled and
 brought to nought in such feastynges. and
 drynkynges: about the whiche as the satiricke
 poete saith. leapeth and skippeth in greatte
 compaynes of all kyndes of diseases. But.
 Germanye hath loste his wytte and un-
 derstandynge. and hath forgotten it selfe.
 not all Germanye. but many in Germanye.
 These be they that drinke theyr dyners vnto.
 supper. and theyr suppers into farre nyght.
 These be they. whiche throughe their mysorder.
 haue caused a straunge poete. but yet nott
 an ylle poete. for he seemeth to hate yll men. to
 wyrite to the greatte sklanner of this countrey
 saynge: Bacchus sytteth at the deske. and
 Appollo is caste out of all company. for all
 the wyse there is nothyng els but drynkyng.
 that is they sett more by drynkyng. than by
 wysedome. Howe be it these dronkerdes. that
 erre throughe madnesse and lychtenesse.
 mought lightly be despised: but these that.
 with theyr deynceous fare. and nyce and
 wanton apparell caste theym selfe heedlong
 in to the mydmarne see of voluptuousnes
 and pleasures. These I saye. be worthy to be
 hated of all the worlde. These be they that
 lye vpon their pillowes of downe heaped
 to gyther. that consume what soo euer

maye be gotten by lande or see. not to sustayne
theyr lyfe. but to delyte their swete mouthes.
that muste weare the fynest linnen. that
muste be robed in purple. that reioyse to be
wrapped in softe myse skynnes. not so moche
to kepe them frome colde. as for delycacy and
wantounesse. These be they. that maye not tow
the common dothe. whose skynne can nott
suffer but the fynest and softeste thyng that
may be gotten: that take their counsell in quaf
fyng. and in their counsels quasse. that med
le with noo sadde matters. but leade all their
lyfe in feastynges.

These thynges ar not vsed (I say ageyne)
through all Germanyne. but specially. whi
che thyng is to our great shame and rebuke.
amonge the chiefe and the nobles of Germa
nye: whiche pampere vppre dayly with all
maner delycacie fare. every syng dyners and
suppers meate for popes. in theym they ban
kette. in them they bryng one to an nother.
and therein haue suche pleasure. that they
had leuer dye. than to be plucked frome it.
They haue none other care but to fylle the
bealy: by whome. salust. if he had suspected
suche beastes euer to come in Germanyne. might
welle haue spoken this his sayenge. Manye
men gyuen to fedryng and sleapyng. haue

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passed euen as strangers theyr holle lyfe. w^o
oute knowlege and lernynge. But lett a
man caste with hym selfe what opynions the
Romaynes had in these dayes of the people
of Germanye: and thanne sett before hys ey
es. what a monster. and howe hatefull this
cherysshynge of oure throtes. that we nowe
vse. hadde ben than: In the whiche whanne
we haue spent a great parte of our lyfe and
haue receyued thens those thynges. that muste
muste nedes folowe that kynde of lyfe. that is
innumerable kyndes of dysseases: than doo
not we confesse nor knowlege our fault. but
do accuse god of crueltie. And thoughte hit be
we our selfe. that gette and bye with great cost
and expenses the sedes of all oure sicknesse.
and nouerlesse with all our harte oure ow
ne myschaunce and destruction. cherysshynge
oure euyls with the losse of our holle patry
monye. yet whan we be ones downe. and set
vpp with quoshens and pyllowes heaped
rounde aboute vs. not able to moue hande
nor foote. thanne we blame nature. and say.
we maye thanke god of all our euyls and
pynes.
for no glottons doo otherwyse thanne they
d vnde. whiche I muenall speaketh of whiche
beleue. that. god in his fume and wraathe.

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doth caste these diseases vpon theyr bodies :
 and therfore calle them the goume stones and
 weapons of god. But wolde to god we wolde
 retourne to our oten porage. and be couered as
 we were in tymes paste. with wollen garmen-
 tes. so made that euery hymme and parte of
 vs mought be sene and to ware weary of
 this sylke. and hate these garmentes soo full
 of playtes. for what other thynges are all
 these. but fyrste the wastynge of oure patry-
 monye. and than the purchasynge and in-
 crease of all euylles and diseases. Verily our
 ancestours. beynge verye nyggardes in this
 thynges. dydde greatte actes and excellent
 thynges with high glorie. But whanne
 didde we. that to fulfylle our pleasant affec-
 tion receyue venom in stede of meate. any
 thyng worthe the honour and glorie of Ger-
 manye. It was farre better for vs to be called
 and counted barbarous. whan oure luyng
 was homely and rude. thanne nowwe to
 haue in this rotteous lyfe. and this
 shame. the laude and prayse of wyttes and
 good lernynge.

what wolde great Charles say nowwe. yf
 he came agayne to vs. and sawe our pryn-
 ces in their vtter garmentes of sylke : seyng
 that he hym selfe wore a sherte of habergyn :

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Or what wolde one of the Othons say. wiche stretched oute and enlarged their vertue and valyantes in duste and durte: whanne our men annoynnte theym selfe with straunge and costly bawmes.

There is a notable execration of Chrysippus agaynste them that vse oyntementes volup tuouslye to the pleasure of other. The deuyll take these delicate felowes, saith he. that haue sclaundered soo good a thyng. the people that were wixton and gyuen to pleasure used it in tymes paste. But it was neuer thought. that the germaynes shoulde euer come to this poynte. to smelle of oyntementes and bawmes. And nowe we call for pommanders. muskeballes. damaskepouders. and all maner sauers. as thynges necessary to oure lyfe. and thynke it greate honoure to vs to smelle of suche straunge sauours. Nothor is it women only that are in this fault. but men. specially prynces and priestes.

Solon forbade oyntmentes to be solde in a cite. of Grece: And the Lacedemonies. expelled them frome their Citie. sayenge. That they corrupted and marred theyr Oyle.

And Lysurgus toke awaye frome the same Lacedemonies bankettyng. feastyng. and

costelye dyners. And Socrates. as Xenophon saythe dydde greuouslye rebuke suche ryottous abundance.

Cruellye the olde Germainys mynded no suche voluptuous pleasures. and they thoughte it a very straunge thyng. to lyue any thyng wantonlye or nyce. I haue harde some olde men saye. that whanne they were yonge men. it was a suspecte thyng to weare a gowne. whan we nowe adayes do honour and worshippe purpull. And therfore we may wellice crye. O corrupted and wretched worlde.

They were couered with the skynnes of wyld beasts. and laye in theyr fyeldes vnder the skye. and were made stronger with continuall labour. where we that be wantonly and nyce clothed. and take oure pleasure vnder oure gaye gylted houses. be throughe all kyndes of ryotte and voluptuous passetymes utterlye weaked. and of all manly strengthes depryued. And maye any man thynke. that this maner of luyngge came lightly haue an ende. seynge the chief and pryncypall example therof cometh fro them specially. that be called priestes: what they be in dede god knoweth. and they onely. to whome if hathe pleased god. to gyue trewer eyes to se with. These do not vse all maner pompes and excesses in thynges appertaynyng

vnto the scrupel of god. but euery one of theym must
 swym at home in his howse in all maner of
 costelye and deynceous dysshes and cuppes. and
 they calle eatynge and drynkyng. lyryng. or
 if they doo not so call it. yett very by they soo
 esteeme yt. And therfore seynge they doo soo.
 other menne thynke they maye doo the same.
 And this the laudable and naturalle custo
 me and faschon of Germanye is banysshed.
 for we be soo farre gone. that we excede all
 other nations. be they neuer soo euill. in suche
 aboundaunce and voluptuous pleasures. It
 hadde more becommed vs. to haue dryuen these
 thynges oute frome the myddes of vs. and
 as Diogenes dydd to the Vartye and fyne
 manchettes. soo to haue saide to this strange
 ypotous maner. O gieste goo and gette the
 hense quickly. ye theyramples of strange
 nations ought ones to haue taughte vs.
 And seynge to banquet and surfette mooste lar
 gely. is now a day counted mooste kyngely.
 why doo we not here the answere of Menede
 mus the philospher. whiche he made to. Anti
 gomus. askynge hym. whither he shulde go to
 a deynceous and costely feaste or not: Haue
 in mynde saide he that thou arte a kynges
 sonne. Antisthenes. to a certayne parsonne prai
 syng delectious fare. saide. I wolde our enemyes

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faced delicately. The wordes also of saynt Pau-
 le ought to be wryten in our harte. sayenge:
 Meates are gyuen to the bealye and the bealye
 to meates. but god shall make an ende of both.
 The same Paule whanne he condemned the
 workes of the fleshe. amonges which he nom-
 bred excessse of drynkyng and eatyng. he ad-
 deth to these wordes. Of the which thynges. I
 nowe warne you. lyke as I haue before tymes
 warned you. that they. which commytt such
 thynges. shall not be the Inheritours of the kyng-
 dome of god. But they nowe do the same thyng-
 ges. which ought to be our gydes into the
 kyngedome of god. pristes. Chanons. Bys-
 shoppes. and prelates. in so moche that it is.
 nowe come into a prouerbe through out all.
 Germanye. Lett hym be made aman of the
 Church. that loueth to lyue pleasantly
 as though such a lyfe were meteste for
 them.

The frugalitie of my grandfather. Laurence
 Dutton. which is worthy to be wryten.
 oughte to moue vs vnto moche glorie. who
 all though he were ryche. and moche occupi-
 ed in greatte matters of oure prynces both
 in warre and peace. yet wolde he neuer admit
 te in to his howse pepper. saffron. gynger.
 nor such other straunge spices. nor vsed gar-

mentes but onely of oure owne wolle all though
there were sometyme precious vestures gyven
vnto hym for the well doyng of his busynesse.
And he dydde not only this hym selfe. but al
soo amonget his equalles he rebuked greatly
the fasaions and manners of men. sayenge
we see euer straunge thynges. as though we
hadde not growynge with vs. wherewith our
meate maye be made delycate. If we wyll
please and delyte our taste. or as though the
great prync of our garmentes dyd increase the
qualities of the mynde. But I wyll ceasse to
speake more of this manne. lest I shulde seme
to couete myne owne glory. If I had first tolde
you this one thyng me thinketh it is not so
goodly a thyng to be borne of this my stocke
and famylie. in the whiche be some causes be
sydes this. wherof I maye gloire. as to be bo
rne his newew. that thus hath lyued. Oure
predecessours. and such as I my selfe haue seen
olde men. whanne I was but a chylde. whanne
they dydde kepe in theyr meate. drynke. and do
thynges suche temperaunce. they were of good
lyfynge of body. and through great labour
were hardened agaynste hunger and thyrste.
heate and colde. wher as we at the firste frost.
sheuer and sheynke togyther bothe hande and
fote : and as soone as wynter begynneth.

we be treble furred. and be shut vp in oure
hot howses. out of the whiche we goo not.
vntyll mydsommer. whanne the sonne and
heate bourneth and parcheth all thynges.

And as I say. where as nowre scantly the ten
the parsones of the noble men can be founde
in Germania. but he hath either the gonore
in hys fete. or in his handes. or is greued
with the drop sic. sciatica. or leprye. or is tor
mented with thys frenche euill. whiche bryn
geth these greatest euils with hym.

But at the laste lette vs retourne and enter
into that lyfe. whiche is metest for thys na
tion and empire of Germanye. and whiche
euen they. whom. I tolde you. lyued wan
tonly. can be well contented to here pray sed.
for I thynke there is not one of these. that gy
ue them selue to suche delicate and ryottous
lyfe. but he hath the same in other. excepte he
be soo blynded throughe intemperancie.
that he loueth these vnthryfte manered. Sar
danapales. and Heliogabalos. or dothe ha
te the persimonia of many. whiche be of the co
trary facyon. Truly vertue semeth verie am
ple euen to theym. that dothe lyttell folowe or
regarde it.

It was an olde meate of Latos. porage ma
de with cheese and egges. And Pliny re

herfeth. that grewelle made with otemeale gro
otes. was oones the meate of the verie and
trew Germanyes. as it is yett of manye
vnto this daye. But we feede vppon straun
ge and beyonde see victualles. thynkyng that
we haue soo moche nede of them. that euerye
howsholder hath decreed to selle these thynges
that growe with vs. to bye the other with :
whiche one thyng hath enryched the Ju
dies. whiche in the meane season. that we
thus nouryshe our bodyes. haue all the mo
ney. and lyke wyse all the excellent goodlye pla
ces in almayne. For they beynge the minysters
of our voluptuose luyng. are soo increa
sed. that there is noo pryncce in almayne able
to compare with them in ryches. Soo farre be
we gonne. and soo lyttell perceyue we. what
thyng. Germanye deuoureth and consumeth.
wherfore I thynke that he was of excellent wyse
dome. yf any suche was that feared in tymes
passe. lest such voluptuous and delicate lyfe
shoulde enter into Germanye : wherof as eu
ry manne maye playnly see spryngeth soo
muche pestilence. and soo many diseases : and
agayne perceyued. that they shoulde lyue quiet
lye. that coulde be contented to lacke suche plea
sures and deliciousnesse. For they that dresse
oure herbes. and lyue with them. as there be so

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me fiewe. Germanaynes yett remainnyng. thei
are of good helthe and bodye lyfynge. But they
that be spyce fyngered. and belche synamome.
and smell all of cloues. and haue all theyr plea
sure in goodlye araye. these be they. that are subiec
tes to all kyndes of dyscasses and euyls. Howe
properly therefore dyd the Satyrke poete calle y
gowte Ryche: for it medleth nott with them that
are poore. and drynke noo wyne. but it is a com
panyon for ryche menne. dronkerdes. surfetours.
and delycate lyuers. whiche as the same poete
sayth. to gette swete morselles. leaue no place
vnserched.

And soo. though the thys countreye brynge forth
that. that is necessarie for the lyfe. yet as though
nature had utterly forsaken them. they runne on
to straunge thynges. fetchynge their garnen
tes theyr meates and medyanes frome hercu
les pylles. frome the ylande of. Capirobana.
frome the ryuer of Ganges. and frome places
farther of than these. euen almoste frome the
hedd of Syllus.

The wrath of god lyghte on these decayde mens
heedes. that fyrste receyued these euyls into Ger
manye. for they haue done a thyng vnworthe
for the graunte of the Germanys. Trewlye they.
oure forefathers. were none such. the whiche p
ferred the labours and paynes of hercules a

Demorbo

houe the fleshely lustes. aboue the delicate meates. and softe beddys of. Sardanapalus. But Glorde Chryste howe delycate. howe holsom feedynge is breade made of rye or wheate. and gruelle made of millio. orza. ptisana. and otemeale porage. Adde ther vnto soo many kyndes of herbes. and soo many diuers garden spices as anyse. coriander cynamome. fenell. musterde. neppe. oymons. leekes. garlyck. and specially if we myll beleue Plynie. perselye hath a singuler good grace to season meates with. And for drynke. we haue ale and biere. And for the ryche men there is wyne. which is the pure and cleane drynke of the erthe. as Appollonius nudgeth: soo that it be vsed scarcely. whether it growe in frannce. or vppon the bankes of Rhenus. we haue alsoo of our owne beastes fleshe bothe tame and wyld. which are not of vnpleasaunte taste. we haue frustes of trees not to be despised. howe ryche is Germanyne. howe plentiuouse of all meates. howe abundantlye dothe it mynister all thynges necessarye for the lyfe of man: wherfore my chief desyre and vowis. that they neuer lacke the gowte. nor the ffrenche pockes. that cannot lyue. withoute pepper: And I praye god. they maye ones be broughte to extreme hinger. which nowe serche in all places. not for meate to lyue

with. but for delycates and deynties. wherewith they maye sterc vp their swete mouthes and prouoke their appetites. How rustly dydde Galenus enuy helthe to suche felowes. whanne he forbode all phisitions frome the carynge of dronkerdes. and of them that ar gyuen to the bealy. If suche at any tyme were sicke. for they by and bye sayth he through intemperate luyng heape vp agayne grosse and vndigested humours. soo that they be clensted and purged in vayne.

The necessitie of nature ys lightly contented. sayth Hierom. Golde maye be expelled with course clothyng. and hunger with litell meate.

Whanne Anaverfes. the kynge of Pers was brought to that necessitie. that he ate drye figges and barley breade. than he beholdynge his fortune. and suche a greatte channge. sayde: O what pleasure is this. that. my regall abundance kepte me frome: By the whiche example we maye knowe. that they onely lyue in knowlege of theyr owne lyfe. that lyue scarcely and soberly: And one the other syde. they that be gyuen to the nourysshyng of their bodies. and the pourynge in of all thynges. be as men caryng in darknesse and perceyue not their owne lyfe. soo farre are they from

the lyfe of pleasure. Howe be it within shorte
space. whanne they be ones fallen into dys-
eases. thanne they begynne to feale and perceyue.
what lyfe they haue chosen. and what is the
rewarde of the same. for as Persius saythe
whan the harde and stony gowte. the brann-
ches of theyr olde surfettynges hathe broken their
iointes: thanne they mourne. that they haue
passed their dayes soo grossely. and consumed
their lyfe so filthily. and be soo sone to late of their
lyfe to come.

Do we than doubte. what is the cause of all
the sicknesses. that the Germaines haue: seyng
we maye yet remember. that this pestylence
and myschiese of the bodie dydde enter with y
rank and ryoltous lyfe. for here we doo nowe
soo gyue oure selves to hooures and pleasures.
that we seeme to styue with other straunge peo-
ple for the mastery of fylthy lyuynge as men.
doo in games for the beste wager. And for
this purpose we haue certayne mynisters.
verye experte. These gette and comueye vnto
vs frome the fardest partes of the worlde pro-
uocations of gluttonye. These brynge fro
farre. with meruaylous delyte. bothe to ea-
te. to drynke. and also to clothe our selves w.
Wherin seyng they haue longe and many
dayes continued. to theyr owne (as I saide)

great

great aduantage they haue made some soo de
lycious. that whanne they be here in Alman
ne. they muste drynke wyne of Corse. they
muste haue meates orite from Italye and to
trary wyse. whan they be at Rome they vse
wyne of Rhene. or that whiche. Mercarius
bryngeth forth. O peruersed custome of ly
uynge. O myschynesse worthy to be hated
of all men. euen so moche the more that they
be bysshoppes. whiche doo these thynges. and
are the ryngeladers therunto. Suche maner
of persons. I beleue do desyre of god. as. Aris
totle wryteth of Philomenus. to haue the nec
kes of cranes.

Aristophanes reproveth the tables of the
Siracusanes. and the voluptuous aboun
dance of the Sibarites. If at that tyme he
blamed suche thynges. what wolde he saye
if he nowe lyued. and sawe our bankettyng
and feastyng. our quaffynge. and dryn
kyng. Therfore as many as couyte vertue
and knowlege lett them take hede. and har
ken to Pythagoras. which saythe. that a
man. that ryseth not aboue man. can not
taste or attayne any hygh thyng. that is
to saye as longe as man lyueth vnchaste
ly and dyssolutely. he shall neuer doo any
greate thyng with wytte or mynde. The

mooste holsomnest fedynge for man saythe
Plinie is oone maner meate. the heapyng
of dryerse fastes is pestiferous. and sawtes
are worse than that.

Versius well perceyued these thynges. whane
he thus spake in greatte moode. Thou woldest
haue lytyll ioyntes. and a hole bodie in age.
ye but the fulle dysshes. and the fatte deynceous.
wille not suffer the goddes nor Iupiter to.
graunt therunto.

And Cicero bryngeth in Cato saynge: that
alybidinous and in temperate youthe ma
keth age very feeble. And he aduyseth and
counsaylyth vs to eate and drynke so moche
as may sustayne the bodylye strengthe and
not oppresse it. thynkyng that nothyng can
be soo unfrendly vnto the mynde of man. whi
che he callythe an heuently reward and gyft.
as voluptuousnesse ys. For as longe as
luste and pleasure beareth rule. Temperan
ce canne haue noo place. Neither vertue may
beare any stroke. where luste and pleasure
reigneth. And therefore he iudgeth that we
ought to gyue greatte thankes vnto age.
whiche causithe that we lyst not to doo that
thyng. whiche we oughte not. for volup
tuousnesse. saythe he beyng an enemye vnto
to reason. stoppeth and letteth all good con

Gallico.

sell. and blyndeth the eyes of the mynde. and
 medlath nothyng at all with vertue. And
 therfore he thynketh. that olde men are happye.
 whiche when they lacke feastes full dysshes.
 and the cuppes ofte walkyng they lacke also
 dronkenness. rawnesse of stomacke. and be
 not combred nor vered with dreames. whi-
 che maner of thynges. accompanye them yf
 are gyuen to suche wantonnes. For. Hie-
 rom saith. that diseases come of to moche
 eatyng.

There is a pretye ieste. of a certayne phisiti-
 on of this countreye whiche hadde a sicke man
 in cure. that hadde rommyng legges. and yf
 not withstandyng was gyuen to banquet-
 tyng and drynkynge myghtyly. and yett
 complayned that his medycynes preuailed
 not. And that his soores raine faster. than
 they dydde at the begynnynge: Crulie sayde
 the phisicion. they wolde ceasse rommyng
 out. if thou woldest cesse powryng in.

Galenus affirmeth. that the greate chuffes.
 whose lyfe and occupacion is feadyng. maye
 neuer lyue longe. nor be helthefull. and their
 myndes be soo wrapped with ouer moche blou-
 de and fatnesse. euen as it were with myer. that
 they haue noo maner heuently meditacion. but
 doo alwayes thynke vppon eatyng. drynkynge

D Deeter heard is boke

fartynge. and shytyng.
 The olde Romaynes called feedynge necessary.
 that was slender and sparynge.
 And amonge the grekes lyttell meate was mo-
 the commended by the wrytyng of many.
 The Lsces. whiche were a certayne sorte of
 Philosophers amonge the olde Jewes. are
 lauded of Josephus. by cause they had tour-
 ned their dayly abstinence into a custome.
 and an nother nature. The same Joseph prai-
 seth the contynency of the pharyseis. he that
 wolde ones haue had vs dystroyed. I thynke
 hathe desyred that this custome of lyuynge
 myght enter amonge vs. And therfore se-
 yng Marcus Cato (as it is wrytten in
 Plinye. dyd take great care and feare. lest
 the Grekes shulde inuade Italy. with their
 wanton and voluptuous lyuynge. whi-
 che of oure forefathers hathe prouided. that
 none of these spices and sylkes shoulde be sol-
 de in Germania: farewell peper farewell.
 saffron. farewell sylke. Or if ther be any v-
 se therof amonge other nacions. I pray god
 that this nacion neuer knowe it. or se it.
 And Christe sende oure countrey men this
 mynde that they may call home agayne the fru-
 galite of their elders and facion them selves to ther
 honest sparynge.

With what stoute stomack dothe Anacharsis boiste the order of his lyuynge? Vnto me saith he, hunger is a swete morselle the ground is my bedde. a cloke of Scythia that is a beastes skynne is my garment.

Sober Demosthenes draue dronken Aeschines out of the Citie Socrates hatynge the tauerne haunters. and suche as haue all their delyte and pleasure in their throttes. saide: many menne lyue to the intente to eate and drynke. but I eate and drynke to lyue. O very wise man. and worthy so to be taken by Appollos commendacion.

And this sayenge of a greeke poete is to good to be forgotten: Thou thy selue muste rule the bridle of thy bealpe.

What saye you: whatte maner felonre thynke you Epicurus was: whome all the worlde persecuteth. as a felonre of pleasure. whiche put y^e highest felicitie in pleasure: Cruely what so euer it be. that he made soo moche of. he ment in the onely vse of breade and water. and dyd moche commende slender lyuynge. and suche as maye quickly be gotten. And wrytyng vnto a certayne frende of his. he saith. Send me a lytell chese of Cithridy. that I may. whanne I wolde fare sumwatt more deyntheouslye. Anaxgoras saide. He that eateth sauourly.

nedeth but lyttell meate. Porphirius willethe
the mynde to be densed and pouged with ab
stynence. And phyllostrate wryteth. that Po
rus. the kynge of Inde. was excedynge stron
ge and myghty. not with standynge he neuer
fedde but vppon breadde and water. Masimis
sa lyued. lxxxv. yere withoute anye maner
delicate fedynge. And mythrdates kynge
of Ponde whiche kepte warres with the Ro
maynes. xl. yeres. vsed to cate his meate sta
dynge. so farre he was from oure fascon
that he wolde not sytte downe on a softe quo
vshen.

Titus lyuius wrytynge of Anniball saith.
He measured hys meate and drynke after the
nede of nature. and not after pleasure. He had
not the tymes of watchynge and slepyng dis
tyncted by the daye and the nyghte. but whan
hys busynesse myghte spare hym. than toke he
hys reste. and yet not suche as is caused with a
softe bed and silence.

And amonges the lawdes of Augustus. Cae
sar. this is the chiefe. that he was content with
lyttell meate and drynke. But we hadde leau
order oure lyfe after the fascon and maners
of gluttons and pleasamat felowes. lyuing
contrarye vnto nature. to the destruction of
bothe bodye and soule. and to y^e preseruacion

of them bothe to sette before vs these examples
of lyfe. soo noble and soo helthfull. And I
praye you the Turkes and other that are not
of this our religion. wyll they euer desire to
becomme christen menne. whan they see vs
thus to lyue. But I truste that oure nacion
wyll ones at laste beware. and make wyse
agayne. beyng taughte with our owne
harne.

Now agayne vnto oure purpose. And for
so moche as I haue spoken of abstynence and
slender fare. I wyll shewe whatte I thynke of
hym. that ordereth hym selfe after this dicte.
whether he may be restored. whiche some men do
thynke euen without the drynkynge of. Gu
aiacum.

Whether a man maye be restored
by this dyette. onely.

Capi. xx.

Of them that be good oughte to be
none euill opinion neyther suspici
on: but trewly these comon phisi
cions be soore greued that this medycyne
canne doo soo moche. and that it alone can
do it. euen withoute their medlynge. They
fume very soore. that soo many in euerye

Demorbo

place be sodeynly holpen. of whome they trusted to haue had a perpetuall stypende and continualle cure. wherefore they stypue verie styffely. fearynge lest in tyme to comme it shall take away the truste that men haue in theym. They haue spoken of late certayne trise lunge and vayne wordes. whiche if they spake as they thoughte. muste be ascribed to their ignorance: but yf they spake it of enuy. than vnto their myscheuous mynde. They saye that a sicke man may be recouered onely by this directe and order of lyfe. whiche is prescribed in this cure of Guaiacum. though he neuer drynke of this decoction of Guaiacum. nother receyue any other medycine. And I my selfe haue seene theym. that haue promysed. that they wolde seeke the shauynge of Junypper. and of oke. or asse. or pyne tree. or all these togyther. and they doubted not. but that they wolde with these helpe men of suche diseases as well as with this decoction of Guaiacum. where vnto all though I suspecte theyr malicious intente. yett I praye god sende theym as good fortune as they wolde wysshe. ffor what coulde be a greater commodytie vnto this nacion. than to haue suche a remedie growynge in oure owne woddes. which els. muste be fet frome soo farre: But I greatly

feare. leste they goo in vayne about this their
rasshe promyse. bothe bycause. I thynke this to be
a greuouser disease than maye be put awaye
with hunger. without any other medycyne my
mised. specialle after it hath fastened hys
rootes depelye. as for the moost parte it is wont
to doo. And also if these trees. which I spake of.
coude doo any suche thyng. theyr vertue and
power I thynke shoulde not haue goone soo lon
ge vnknownen. sernge they growe here amon
ge vs. Neuer the lesse. I am contente they ma
ke a prooffe. for what other thyng hath a phi
sicion to do. but dayly to synde oute somewhat
and to knowe by experyence. and to serche what
wyll helpe euerye grieve and sykenesse: But
this thyng I wolde all shulde be admonysshed
to beleue. wherof I spake before. that the helpe of
frugalitie and scarcenesse. as it ys greate in
other diseases. soo it is. and that specialle. in
the frenche pockes. but yet not soo great. that
it maye amende the bloude that is infected and
corrupted throughe the venoume of this dys
ease. withoute suche medicynes. as haue their
power and strengthe to do it. As by example.
If two kepte warre togyther. and the one of the
optayned of me. that I shulde not helpe his
aduersarie: verily I maye impute vnto hym.
that I hurte hym not. but that I haue helpe

De morbo.

hym. I may in no wyse. And lykewyse the absternyng frome meate and drynke. as it dothe not take awaye the disease. soo dooth it not nurysh. As one might saye. that he nother boude a person whan he myght. nother losed hym whan he myght not.

I haue shewed you. that manye haue bene restored to their helthe frome the gowte and ioynte ache. whan they brought thym selfe to a more slender and a sobrer diete. and absterneyed frome wyne and women: but I neuer thoughte soo of the frenche pockes. and the maledies that folowe therof. for that entreteth soo depe. that it cannot lyghtly be plucked vp. and spreadeth soo brode. that it canne not in a lyttell thynge be broughte to gether. but it soo infecteth the hoole bodye. on whiche it ones catcheth holde. that it canne not be taken frome any parte aloone. but whanne it is dryuen oute from the hole. as at one braide or plucke. Beleue me. that haue proued many thynges herein to my great hurte. if any man mought haue auoyded this euylle with sobre and scarce lyuyng. I hadd auoyded it longe sens. for by the space of iii. hole yeres. I kepte my boodie as longe and as leane as coude be. in so moche that in y^e space I felte noo grese of my dyscase. but yet

I was not deane rydde from it. Neuer the lesse go to the noble promysers. seeke ye asshe. make ye redre Junyper and pyne tree. and take bore to. yf it please you. and horne beam. and plane tree. and ye shall gette right great thanke of all meene. if throughe your diligence we may haue here at home. that we muste elles seeke so farre of. ye and ye shall doo moche more for vs. than the suchers shulde. though they made peper or cynamome to growe in this countreye. And soo gladly as I wolde receyue thys thyng at your hande. if ye wolde euer gyue it forth: soo before ye gyue it. I wyll not beleue. that there is any such thyng in you. noo I wyll not soo moche as hope for it. seynge I haue gaped soo often tymes in vayne lofynge for those golden hylles.

**Howe a man muste order his hely
in this cure. Capi. xvi.**

At the tyme of this cure the bealy auoydeth very lyttelle and harde. and y with moche a doo. and that is not onely by cause he eateth lytell. but also by cause the nature of this medycyne is to drye & byndeth. Howe be it I haue herde say. that this

thynges hapneth nat to euery man a lyke. for
 some saye that anone after the begynnynge they
 were lose helred. and some were soo contynual
 lyce wherof I dydde meruayle. for in these vi.
 dayes it neuer wente frome nre soo moche as
 ones. but as it was compelled. for in this diete
 it may be kepte to the fyfte. or vi. daye withoute
 any reoperdie. And than in the mornynge the sha
 uynge of this Guaiacum soden in water must
 be dronken to the mountenanne of halfe an
 ynce. And if it moue not at the fyist. it must
 be gyuen agayne the nexte daye. and soo the
 thyrde daye. and if it helpe not soo. ye muste
 than poure in chysters vnderneath or supposi
 toryes prepared for the nones. for the bealy must
 nedes be losed. And if a man will lose hym selfe
 by dryfynge or eatynge Cassia I thynke he do
 the not moche amysse. so that this be done but
 ones. and that mornynge lette hym not drynke
 Guaiacum: I wolde not that he shoulde be ea
 sed with vomytes: for they make the bodye colde.
 and (as Plin saith) they be euill for the eyes
 and specially for the tethe. There be manye thynges
 in thys cure. that stoppe the bealye. fyrste
 by cause the bodye is emptyed in the begynnynge
 with a purgacion. and than bycause there is
 a lyttel meate receyued. But as this place is
 cloosed and shut frome eiections. soo is there

somewhat in the meane season. other by sweat
 tynge. through the strengthe of Guaiacum.
 that expelleth thynges hurtefull and superflu
 ouse. or elles in the vryne. the whiche is more
 moyste than that cometh of the meate. And
 one thyng is greatly comfortable. that in
 the tyme of this cure there chaunceth noo swel
 lynge. nor there are noo paynfull throwes or
 aches felt. nor the taste cometh not bytter.
 nor there ryseth noo lothyng of meate. nor
 vaporous breth not lightly ascendynge fro
 the stomacke to the head. as in other diseases.
 And the patient is purged. it is easily per
 ceuyed by makynge of water: nor to the inten
 te that shoulde be doone. none other prouo
 cation shulde be sought. & Nowe myll I speake
 a lyttell of sweatynge.

Nowe in this cure one maye

be moued to sweate

Capi. xxiij.

If the patient cann not sweate. some
 thynke. that the meanes shoulde be
 soughte to prouoke hym therto.
 And therefore they caste on hym many clothes.
 and lett hym lye three or foure houres coue
 red hotte. And thoughe this amouge all thi

ges that we suffre. be one of the hardest: yet I. felte euen to the very fayntynge. that so channeth noo fallynge. all they that were cured with me. indured it mooste greuously. and they seyde that this was the hardeste thyng in all this cure. But if I myght lausfully saye my mynd herem. allmoost. I dare not shewe. that that I. haue larned. I wolde noo man shoulde be prouoked to sweate. saue that the patiente shall as the thyng requirethe. kepe his bedde thre or foure houres. and passe nott. and lette hym be couered. but not with ouer manye clothes. nor to lye ouer styll and sterc not: but in any wyse lette hym not be putte to moche vocation.

And I thynke veryly. that as well in this cure as in other. the physitions of my countrey do many thynges fondely which oughte not to be doone. so: as this medycine of hit selfe causeth one to sweate. euen soo hit wyll not abyde compulsion. Wherof this maye be a deme proue. that I perceyued my selfe no sooner to sweate. whanne I was couered w thre or foure fures. than whan I hadd to wyre me but one couerhydde. But this I wolde ye shulde vnderstande. that this patient muste nedes sweate. and if it wyll not come naturally. than it muste be prouoked meane.

For I allowe nothyng that is forced. And I marne you. that ye eschewe those. that are wonte to toste the bodies at the fyre. or that wolde haue the scowes ouer hotte. for suche heates distrope the bodyes. and drepe vp the humours that. nourisshe the strengthes.

And where I saide sweate muste be prouoked meanelv. or easily. it must be thus taken: that yf one be wiped with the clothes of one bed. soo that the loode of the clothes greue hym not or ake hym: I suppose through the operation of Guaiacum. he shall sweate inoughe.

Now this medycyne shall helpe
and whether it healeth
men sodaynly. or
at leysure.
Ca. xxiij.

BUt nowe I suppose. it is high tyme to declare. howe the effecte of this medycyne may be perceyued and understaunde and whanne the pacientes begynne to mende. and whether this curynge be sodeyne and swyfte. or late or slowe. wherin as I vse in all other. I wyll open to you those thynges that I my selfe haue bothe sene and knowen: but this I marne you of before. that if it haue

chaunced otherwyse to any man. than I wryte. that he lay not the blame in me.
 I haue lerned. that Guaiacum helpeth by
 lyttell and lyttell. and nott sodaynly. and go
 the forwarde fayre and easily. and not vio-
 lently. for it is soo farre frome the trouthe.
 to thynke that it helpeth one sodaynely. that.
 somtymes. from the fyrste daye to the xv. the
 disease commeth soo sharpe. and the payne and
 ache so augmenteth. and the soores soo enlarge.
 that a man wolde thynke hym selfe in worse case
 durynge these dayes. than euer he was before. ei-
 ther bicause than the disease is rooted vp and
 drawen from the inner partes. and the rootynge
 vp is peynfull. or elles that the alteracion. whi-
 che than is caused in the disposicion of the bodye.
 breakynge oute with a greyt violence and
 shakynge. putteth a man to greuous payne.
 for vndoutedly this medycine draweth out
 this myscheuouse disease by the rootys. and
 that dothe it vnto some forthewith after they
 begynne to take it. and to somme other it ta-
 ryeth a longer tyme: but it doth so to no man
 before the vii. daye. and to many as it dyd to
 me after the vii. daye. yf it tarie longer or it
 worke this effeate. than the defeate is otherwi-
 le in the pacyentes. whan they wyll vse excessse in
 feedynge. In me as I saide afore the faute was
 in

seethynge of Guaiacum. for by reason that the
phisitions in preparynge therof. made it smaller
than they shoulde haue done. I was the longer
er it wrought on me. And I haue harde phisi
cions saye. that accordynge to the complexion
of the bodyes. it worketh soner and slowlyer.
And thys is sure and certayne. whiche thynge
Stromer ofte affirmed vnto me that if they.
the wose wytte is more subtyll. and are right
attentiue ly gyuen vnto studye. happe to fall
sycke. their diseases shall be more vehemente and
longer contynue. And many thynke that it styl
leth greatly. as well in this disease. as other. in
what places of the bodye the syckenesse shoulde
chaunce. for the ryght parte is more heale able
than the lefte. By cause saith Alexander. by
larger exercise the matter is stopped. and ma
de more apte to heale. Also they seye it is more
harder to heale. the uttermooste partes. by cause
they be farre of frome the bodye. it is longe er
they canne be nourysshed and fedde. And ther
is to be taken hede. whether the grefe dothe ascen
de or dyscende. Celsus saith. that what so euer
griefe gothe downewarde. is the more curable.
And agayne. All grefe. whiche procedeth yp
warde. is worse for the medycyne to come vnto.
And that suche dyscenses. that chaunce in oure
secrete partyes. as they are mooste plentyfull and

sharpe. by reason of inflamacion wherunto.
 those partes are specially subiectes. soo are they
 forthewith and soonest healed. whiche as in all o
 ther medycines they may be moued. soo for the
 newe vse brought vp of Guaiacum. I wotte
 not whether it be alway so or noo. But this lette
 euery man take hede of. that where soo euer the
 grieve be. and with what soo euer kynde of the
 pockes they be payned. that they prepare well
 Guaiacum. and after they haue dronke so
 longe therof. that. it be spredde and rounne into
 the vaines: thanne ye maye be sure their ache lyt
 tell and lyttell gothe awaye. And other while y
 ache commeth agayne. and is more sharpe and
 paynefull: and gothe awaye agayne. for after
 it ones begynneth to swage. and than waueth
 soore and peynefull. it endureth not longe.
 And they that haue soores. shall haue the fles
 she eaten. awaye aboute the soores of a greete
 breadthe. And that is a token. they begynne to
 heale. for vnto me it chanced. as it neuer dyd
 afore that aboute the xvij daye my legges were
 eaten soo bare. that ye myght haue seene the bone
 the breadthe of a mannes nayle. whiche thyn
 ge putte me in great feare: but without any
 diffyultie. within a fewe dayes after the fleshe
 grew and was restored agayne. And by this
 I perceyue well that the nature of this medycane

stande alone. and to be shorte: the oone of my
buttocks was but a thynge wethered awaye
In my lefte shoulder ther was suche payne y^e
I coulde not lyfte vp myne arme: the extreme
partes of my shoulders were weake and wov
en verpe styffe: in the myddes of the brayne
of myne arme there was a swellynge asmo
che as an egge. and as for the reste of myne
arme euen to the verpe hande. was cleane worne
awaye. And on the righte syde. a lyttell vnder y^e
lowest rybbe. there had I a soore. whiche was not
in dede paynefull. but it boyled oute certayne
fowle and stynkyng matter. and yssued ve
rye fylthylye after the maner of a fyrstule with
a narrow mouthe outwarde. and inwarde it
was large holownes. And aboue hym there
was also an other as though a bone hadde
benne bredde there vppon a rybbe. And to con
clude. I dyd playnely feele a streame and issue
come downe behynde fronte the toppe of my
heade vnto all these. And where it began. the
leaste touche in the worlde made my heed to wor
ke as though the brayne panne had ben broken.
nother mighte my face be tourned backwarde.
but as it was tourned with the hoole bodye.
This oone thynge yet wolle I nott passe. where
from yf Guaiacum hadde deliuered me. and
done nothynge elles. yet ought I to haue landed

and prayſed his vertue greaſtely. and that is noon
ſleape. whiche I coucted ſoo deadlye. and was ſo
moche gyuen therevnto. that almoſte in fyve
yeres ſpace. there ſteped not one daye. Whanne
the phificions cryed oute vppon me. ſayenge. y^e
was the cauſe of all my dyſeaſes. and yet I coulde
not refrayne my ſelfe frome it. But nowe is
that goone ſoo far from me. that I trowe yf I
ſhulde enforce my ſelfe to ſlepe in the day tyme.
I coulde not. with alle theſe. and ſoo greaſte
cuyls all though. I was ſo maſtred that all men
diſpaured my helth: yet my good aungell. I
beleue. wylled me to tary and loke for ſome
what. And lo through the helpe of Guaiacum.
I am bolde nowe to lyue. and to draw
breaſthe agayne. whiche mynde god gyue to
all good men. that they neuer ceaſſe to hope
and truſte. As for me. I repent my ſelfe in no
thyng. and if by any meanes longe lyf
myght be graunted vnto me I haue great
hope that I ſhulde lyue hoole ſounde. and
luſty. And of this diſeaſe and of the remedie
of Guaiacum. I haue wrytten theſe thynges
that came to my mynde very faithfullye.
truely. and as my lernynge wolde ſuffer me.
and here wolde I make an ende. If I thought
it not neceſſary to admoynyſſe them that
ſhall reade theſe thynges. howe after this cure

the sick muste ordered. as towchynge the order
and maner of theyr luyng. whiche thynges I will
performe and that breuely.

As towchynge the order of luyng
after this cure is past.

what is to be ob
serued. Capit. xxv

I Gaue warnynge before. that after this
cure is paste. and the pacient is depar
ted owte of the cloyster of thys medycy
ne. wherein he was cloose kepte. he muste vse con
sequently it his luyng a certayne dyet and
order by the space. iii. or at the lest. ij. hole mon
thes. And nowe that we be come to the propie
place to entreate of the same thyng. I saye that
it is soo necessarie to be doone. that who soo eu
hathe recouered his helthe. excepte he afterwar
des take good hede. diligently obseruynge ma
ny thynges. and lyue for a space vnder a cer
taine rule. as though he were yett shut vp.
I saye playnly that his helthe shalle not lounge
endure. And therefore thre monethes are ap
poynted vnto suche as were eyther greatly con
sumed and lowe broughte in their sykenesse.
and hadde many issues. and auoyded moche.
or els were sore hurte in theyr synewes. and

lymmes. or be soo weakened in their bodie that
 a lyttell tyme cannot be sufficiente to gather
 vp perfitelye theyr cromes agayne. And on the
 other side. they that be stronge and not soo far
 re goone. nor broken vnto suche. ij. monethes
 after theyr settinge out are ynowgh as it is.
 thought. But by cause I wolde prouyde surely
 for theym that wyll folowe me. I wyll aduise
 theym to obserue and kepe thys prescripte verie
 longe. and to begynne with. they shalle abstep
 ne them selves longe tyme frome the flesshelye
 acte: By cause they that be recovered through
 Guaiacum. haue their bodyes verie tender and
 vterlye weake as yett. as though they hadde
 bene lately newe borne: and therfore if they shul
 de haue the compaignie of womanne. wherby
 the newe gotten strenght is weake and grene.
 and not yett ryped: it wolde by and by dys
 solue and dystroye the strengthes and mygh
 tes of all the membres for euer. And for as
 moche as the vse of carnall copulacion bryn
 geth into perylle not one mynber by hym
 selfe. but all the holle bodye at one choppe:
 What other thynge maye we saye. he preten
 deth. that medleth carnally with women
 beyng so febled) thanne wyllingly to slee
 hym selfe. or at the leeste spedely to dystroye
 his naturall strenght. and playnly cast his

helthe awaye.

And if some be forboden the compaignye of women. which be neuer the lesse of good lyfynge in bodie and haue noo dysease at all: Howe moche ought they to auoyde and flee it. that thus haue loste their helthe and myghte and must labour all that they canne. to repayre the same agayne: And yf before. xiii. yere of age none is stronge ynough vnto that acte by cause is strength is not full furnished to putte soo icoperdous a thynge in experience: how than ought he to beware and take hede that is thus nowe borne agayne. and hathe soo yonge and tender a bodie. that he offer not hym selfe to be rashely plucked and tome before he haue receyued hys strength and is well hardned therin.

The nexte poynte here vnto is this. that though they shall haue a gredye and sharpe appetite to meate. beinge emptyed with continuall hunger. yet they muste resyste the same. and as moche as may be. to behaue the selfe very soberly and scarsely in their fedynge And therfore they muste fyrste vse verrye lyttell meate. and afterwarde somme what more. goynge forth by lyttell and lyttell. soo that there maye be a good space er that they come to their olde custome of eatynge every synge

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theym selfe softly begynnynge no newe thyng
hastely or sodenly. vttterly abstepynge froo all
wynes. except it be first delayed with moche
water. And be alsoo of hit selfe smalle and
of good sauour and clere. and yet soo. verpe
moderatellyc. Let hym also that is cured. be well
fensed agaynste the violence of the ayre. and spe
ciallye in those tymes. that be greuouse with
colde wynde and rayne. or ells lette hym goo
forthe abrode very seldome. He maye take mea
te twyse a daye. but att euentyd very luttelle.
and all that tyme he maye neuer folowe his
appetite. but muste aduoyde fulnesse. as the
greatest euyl that can be. He muste also a
boue all thynges. forbearc fyssh. and fede
vppon pounge and tendre fleshe. suche as
is of lyght digestion. and nouresshethe pu
rely. whiche they be. ye maye knowe by the
physicians teachynge. And these thynges
muste haue place. in the saide two or iij. mo
nethes. for other thynges. whiche shall be fur
ther obserued. may be lerned more playnly
in the thynges folowynge. for nowe I wyll
aduyse and monyssh with fewe wordes.
not onely them that are recouered by Guaiacum.
but other aswell frome what soeuer
disease they be deliuered. if they tendre their good
helth and well fare. and desyre to be longe in

prosperitie. what thynges they shall folowe. And
here it is chiefly to be noted. howe be it all dothe
nowe knowe hit that this one thyng is it. that
makyth this syckenes to be verye greuouse by
cause there is greate dyfficultie in dyctynge.
for whanne this dyscase is ouercome it is not
one oonely that muste be obserued in the order
of our lyuynge. but many thynges and dy
uerse muste be reckened vppon. In so moche
as what soo euer thynges there be. whether
they be with or agaynst all the dyscases. whi
che I saide before folowed this syckenes. he that
is recouered. must set them before hym. en
deuourynge hym selfe with all dyligence to
obteyne them. that make with hym. and to
aduoyde them that be agaynst hym. wher
fore he must be alwayes very carefull in his
lyuynge. that all thyng may be done ordy
natly. Not withstandynge if thys medy
cine haue saued anye. there is for theym great
comforte. by cause they that are experie therof.
playnly thynke that after the payentes haue
oonce receyued their helth. and the tyme of ob
seruacion. whiche foloweth thys cure be past.
nothyng that is not contrary to their olde ma
ner of lyuynge canne putte them in anye
damnger. soo that they vsed not before to lyue
without order vtterly. for that same order shal

Gallico
de dyctynge

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serue hym. that is thus restored. as shall serue
therm. that neuer hadd the sickenes. wherfore
they thynke it not soo moche to be regarded. what
a man eateth. as howe moche he eateth: And
therfore noo kynde of meate to be forborne. no
choyse of meate to be hadde. concernynge
the qualyte of feedynge. no thynge to be ca
red fore. but that whiche is knownen to apper
teigne to the common conseruation of helthe.
And to the vniuersall auoydynge of all ma
ledices and diseases. wherof that that Iesus
teacheth. perchance shall not be the best. whi
che is. that euery manne take hede leeste whi
le his bodye is in prosperitie. the aides and
succour agaynste aduersitie be consumed
and wasted

Helthe is preserued. as the same Iesus saith.
by dyete. by medicines. by noyntynge. by
frictions and rubbynge. by baynes. by ex
ercyse. by caryage aboute. by cleere and plea
sant reacyng: whiche thynges howe they
ought to be considered fully and holle. I leaue
you to aske of hym. I here wyll I breuelye to
che a fewe thynges and suche as appertayne
to dyette. This I thynke they muste feade ple
asuratelye and moderatelye and take suche
meates and drynkes. as be of lyghtest dyges
tyon. for as Paule saythe. The chiefe poynt
of education. is that the meate be suche as

wylle lightly dygeste and nowyshe welle not
not slowe in dygestenge nor clannye. nor ple
tuous in superfluityes: and the drynke to be
smalle wyne. whyte. and pure. and a lyttell
delaye with water. And Gelsus saythe. See
your meate be nott fatty. clannye. nor wyne
dye. And by his counsell ye muste absterne
in all suche diseases frome all maner salte
meates. sharpe. sowre. and bitter. For the same
reasone I thynke merof I made mencyon befor
And Paule saithe. In eatynge the greatest
faulte is sacietie and fulnesse. For all though
thy beady digeste well. yett the veynes to moche
replenysshed. laboure soore. they swell. they
breake. they be stopped and fylled with wynde.
and playne it is. that the worste diseases
of all comme of sacietie. He thynketh thys one
ly to be auoyded. that noo manne fylle hym
selfe. And I iudge the same but not onely for I
wolde more ouer nothyng to be dressed deyn
tuously. nothyng to be sawced curiously. and
that many dishes of dyuers kyndes be not
sette before vs. nother wylle (as these ryche men
yse) syxe or seuen. or sommetyme tenne meas
ses at one supper to be broughte in. For a man.
wolde nott beleue howe moche these thynges
hurte. not oonely the stomacke. but also the
holle dygestyon. And therfore I wylle repece a

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geyne this thyng which is spoken of the same
aucthour. Varietie of meates is greately to be
auoyded specially whanne contrary operacions
and vertues be in them. for whan they be soo.
thruste in. they resyste digestioun. and the same
thynketh Galene. and Auerroes. and as ma
nye as be of pure iudgement in phisike.

Eato as. Cully wyrteth commandeth soo
moche meate and drynke to be receyued. as may
refreshe the strength and power of the bodye. &
not oppresse it. wherfore by the counsell of Pe
nophon. we muste make for the mooste parte
a smalle dyner. and that there may be a place
for the supper.

Playne this disease is of that sorte. that.
Galenus thynketh to come of fulnesse. whi
che thyng is thus to be vnderstande. not that
I thynke all that lyueth in surfettyng. streight
waye to be caste into the frenche pockes. (all
thoughe suche shall not escape diseases. no not
mooste greuous) but if any haue ben vexed
before with theym. and than healed. eate and
drynke intemperately. he muste nedes falle a
gayne into them. And therfore the meate that
is receyued. lett it nother be dyuerse nor moche
that the stomacke be not loded. and digestion
letted. And agayne let it be (as I monysshed
easie in dygestyng. Phymie saith. all maner

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sharp meates. all that is to moche. and all that
is hastely receyued be harde in workynge. and
harder in sommer thanne in wynter. and har
der in age than in youthe.

It is wyrtten in Cully. he that medleth not
with equisyte meates. looded tables and ofte
cuppes shall not be combred with dronkenness
reynnes of stomacke. or dreames. But for
as moche as whanne this cure is done. we must
prouyde. howe the bodye. that hathe hytherto ben
emptyed and made leane. may be broughte
agayne vnto his olde state. therfore perauen
ture those meates muste be vsed. that increase
and fylle the bodye. not with noyfull humou
res. but suche as Celsus reherfeth in the thirde
chapter of the fyrste booke.

Dynic alsoo saithe. The bodyes growe and in
crease with sweate and salt meates. and with
drynke. they dimynyshe and goo downe with
drye leane and colde meates and thurst. But
this muste be wyselye vnderstande. for those
thynges. whiche I haue often before mony
shed. But seynge Galenus warneth vs in all
thynges to take hede to the bealy. for what soo
euer saith he. is corrupted. in that it is a cause
of rot vnto all the bodye. and soo of diseases. I
thynke it beste to take those drynkes and meates.
as Celsus teacheth whiche doo bothe nouryshe and

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make the bealpe softe.
But if any through the dyuels promoca
cion fyll hym selfe. and lode his stomacke
with meate. more than it is able to beare.
if he lyst to seeke helpe by slepe. lette hym here
Phyme. sayenge. To dygeste in slepe. it ma
keth more for the corpulentes than the strenghe
of the bodye. And therefore the phisicians.
wolde haue the great fatte wraстelers to ma
ke their digestion by walkynge. But yf he
had leauer ease hym selfe by vomyt. as many
doo counselle. And paulle specially teacheth.
for through vomytes many euylles oftenty
mes haue ben stopped. and with stande. lett
hym reade his doctryne. shewynge howe on
maye lightly vompte. And if nother of these
be regarded. or to late proued. thanne pera
uenture he muste goo to phisicke. wherunto
yf the sick compelled. I canne geue hym non
other commaundement. but euen the same.
whiche I haue often tymes spoken. that he
commyt hym selfe to a sober and lerned phy
sicion. or to a well experte. rather than to con
that is of high exquysite lernynge. and to
hym that powreth in no medicynes. but of
very constraynte. yee and those medicynes
that be symple. and nott compownded.
and myngled with many thynges. and
as moche as may be. mymstreth the thynges

of our owne countrey growynge and not
thynges faire sette. And if suche a phisicion
can sell ye to take a laske. thanne see ye reme-
bre that which. Paulus teacheth: which is.
that yee doo it not ofte. lest through often
prynnyng. nature forgette the office of
clensynge of the bodye of her owne mo-
tyon.

As concernynge meates. which be holsome.
and which unholsomme. and howe euery
kynde of meates helpeth or hurteth. excepte
aman declare it to the uttermooste. it were bet-
ter speake nothyng thereof: And therefore I
wolde haue the authors redde as Celsus.
which entreateth shortly of the kyndes of
meates. And Paulus which handleth at
large in xiiii. chapters the natures and
vertues of meates: or els. Galenus why
che by hym selfe is sufficient for all. preter-
myttinge nothyng in the booke of nouryshe-
mentes. And soo wolde I nowe haue made
an ende of feedynge. if there had not chaunced
to come to my mynde certayne thynges worthy
to be nooted. And fyrste I wyll admonyshe
you of egges. There is noo meate saith Pli-
ny lyke egges that nouryssheth in syknes.
and lyeth not heuie. and that is in stede of
wyne and meate bothe. And Auerroes affir-

meth. that yolkes of egges of a henne. of a par
 tryte. or of a phesante doo passe all meates for
 them that haue their bloude diminished. or their
 harte faynted. Alexander Aphrodisius thyn
 keth that it conteineth in it selfe the qualities
 of all the elementes. and to concludre there is
 in an egge a certayne shewe of the worlde bo
 the bycause hit is made of the foure elemen
 tes. and agayne bycause it is gathered roun
 de in spere fassion. and hath a lyuely power
 Egges fyled many doo forbydde: amonge
 the whiche are Paulus and Galenus. And
 dothe not allowe the foode of herbes. And ma
 ny other do forbydd the same. all though. e.
 Marcus Cato prayseth brassicam aboue
 the moone. He that eatyth daylye hys fylle
 of Pisana. his nutrymente. Galenus thyn
 keth can by none other meates be hyndered.
 And the same thyng wolde I saye saith he by
 beanes: yf they fylled not with wynde. of the
 vse of mylke bothe in meates and also in me
 dyanes. Paule dothe entreate very goodlye.
 Alexander saith mylke is lighte in digesting
 and nourisheth well. for that may lightlye
 goo into bloude. that is made of bloude. and
 in a maner it is bloude made whyte.
 Of many thynges I haue shewed you a fewe.
 but yet he that desyreth to haue helthe. ought.

saith. Paule. to knowe howe greatte power wyne hath. And the same saith. if wyne create any man. he muste drynke colde water. And the nexte daye drynke the urine of women. and walke vpon it. he muste rubbe his bodye and washe it. and than refresh him selfe with lyttell meate. Wynes that were lately must. and alsoo wynes that be to olde. muste be auoyded sayth a Galenus. for these heate too moche. and the other nothyng at all. That feedynge saith. Paule. that kepeth a man bare and slender. is moche surer for the health. thanne that which maketh one fatte. But for as moche as lytle meate gyueth nother strengthe nor stedynesse vnto the bodye. therfore he after addethe, sayenge.

Suche meates as are of a meane nature. are the chiefe nourishmentes of all. for they ingender bloude of a meane substance. And as suche are mooste meteste and conueniente for our bodyes. so be they that brynge forth the yll humours moost noyfull. and therfore muste they alwayes be auoyded. This saith. Paule. And he teacheth more ouer. that rye breade nourysseth more thanne all other. and that wheaten breade is of harde digestion and wyndy. and that barley breade is of lyttell strengthe. He that wyll knowe the vtermooste of feedynge. lett hym reade this. Paule. and Galenus. as I saide. We in this countrey neuer vsed a

noynnynges. in I talpe they haue used theym.
 but nowe they be almoste leste. And Galen
 commendeth rubbynges of the bodye aboute
 all thynges. in culcatyng of ostentymes and
 many thynges therof and specially in hys bo
 kes of preseruyng health. And the same dothe
 Asclepiades hyghly auance. and Hippocra
 tes alsoo very greattly. whose sayenge this is.
 whiche was after hym repeted of manye.

Throughe rubbyng. if it be vehement the
 bodye is made harde. if it be softe and easye
 the bodye is made softe. if it be moche. it dimi
 nyssheth. if it be meane. it fylleth.

In our dayes that high lerned man. Erasmus
Roterdamus. vsynge thus day lyre and spea
 ally in the moynnge at his vpry synge. thyn
 keth therby that he preserueth his helth. the
 weakenes of his body (whiche is verye great.
 not withstandynge. And hath warned
 me dilygently. that aboue all other thynges
 I and all other studentes shulde vse the same.
 I folow the counselle of my frende. and synde
 ease them. Some forbryde wasshynges and
 all maner bathes. and they sey. that they be
 vnholosome for all suche as be reconered from
 this dyscase. I thynke by cause they mollifie
 the fenowes. and lose them. and. therefore they
 wyll not that water shulde touche theym.

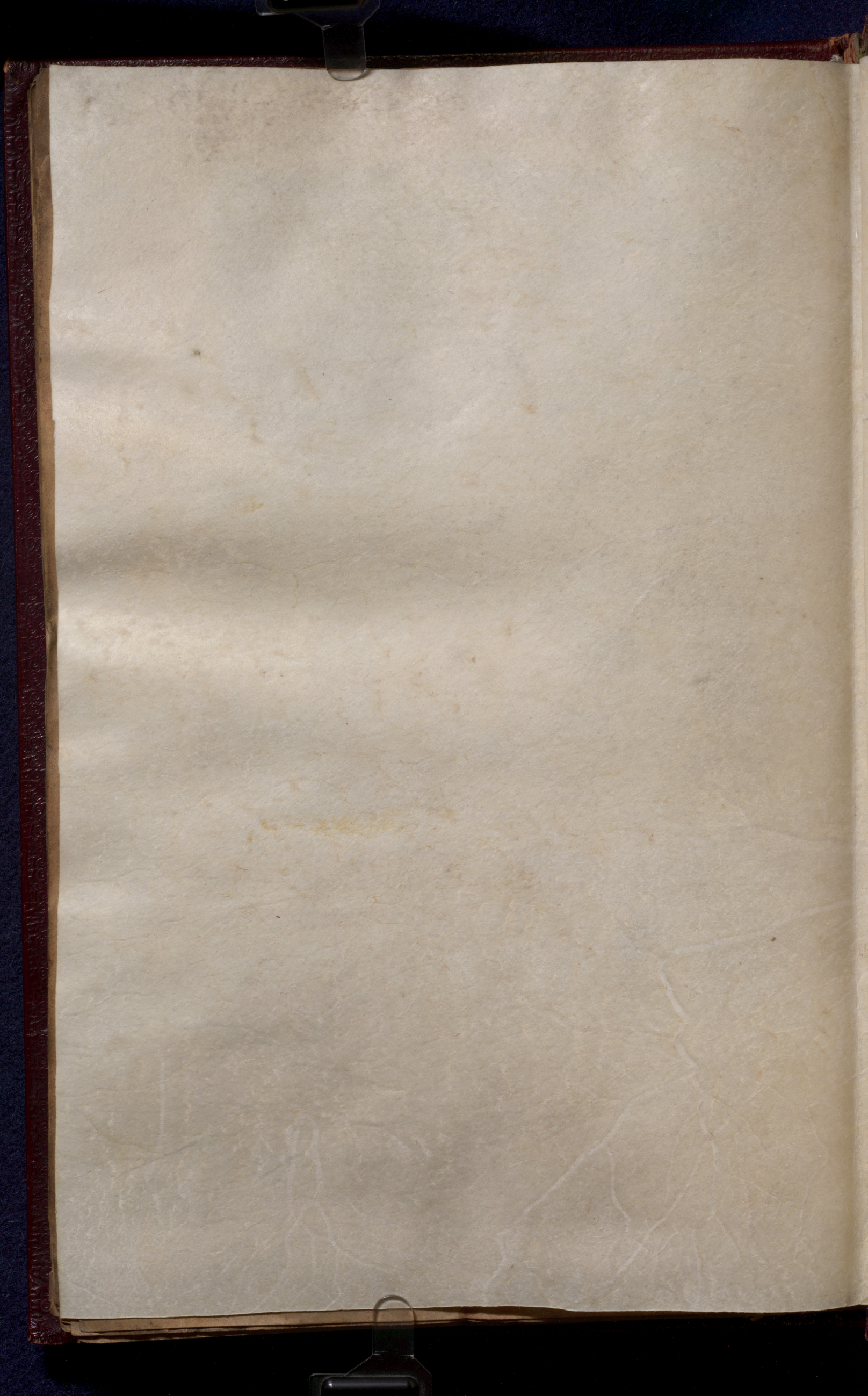
and yett they doo not. sayunge for that impro-
ue sweattynge. water hurteth the synewes.
though it be warme saith Alexander not by
cause it is warme. but by cause it is moyste.
Paulus comendynge warme wasshynge
saith thus: It taketh away weynes. it sha-
keth downe fulnes. it heateth. it mitigateth.
it molli fieth. it disperseth. it prouoketh slepe
and makyth all the bodie fatte. And is verye
commodious and agreable bothe to manne
and woman yonge and olde. so saith Paulus.
Not withstandynge the Italianes nowe
a dayes washe not but very seldome whereof
I doo not meruayle. scyng in tymes paste
they vsed it dayly. as wyrtynge testyfieth. and
also the tokens of the bathes remaynyng
at Rome. whiche were buylded lyke vn-
cities.

In exercyses. Galene teacheth that measure
muste be kepte and obserued. sayenge. In
moderatences I reprocure every where. The lyke
wyse saith. As exercise before meate is the chi-
efeste thynge to preserve helth. so is all ma-
ner motion after meate moost noyfull. for
the meate is scattered out of his bealy. before
it be digested. and therfore gathereth many
grosse and rane humours in the weynes. wher-
of all maner diseases are wont to be ingendred.

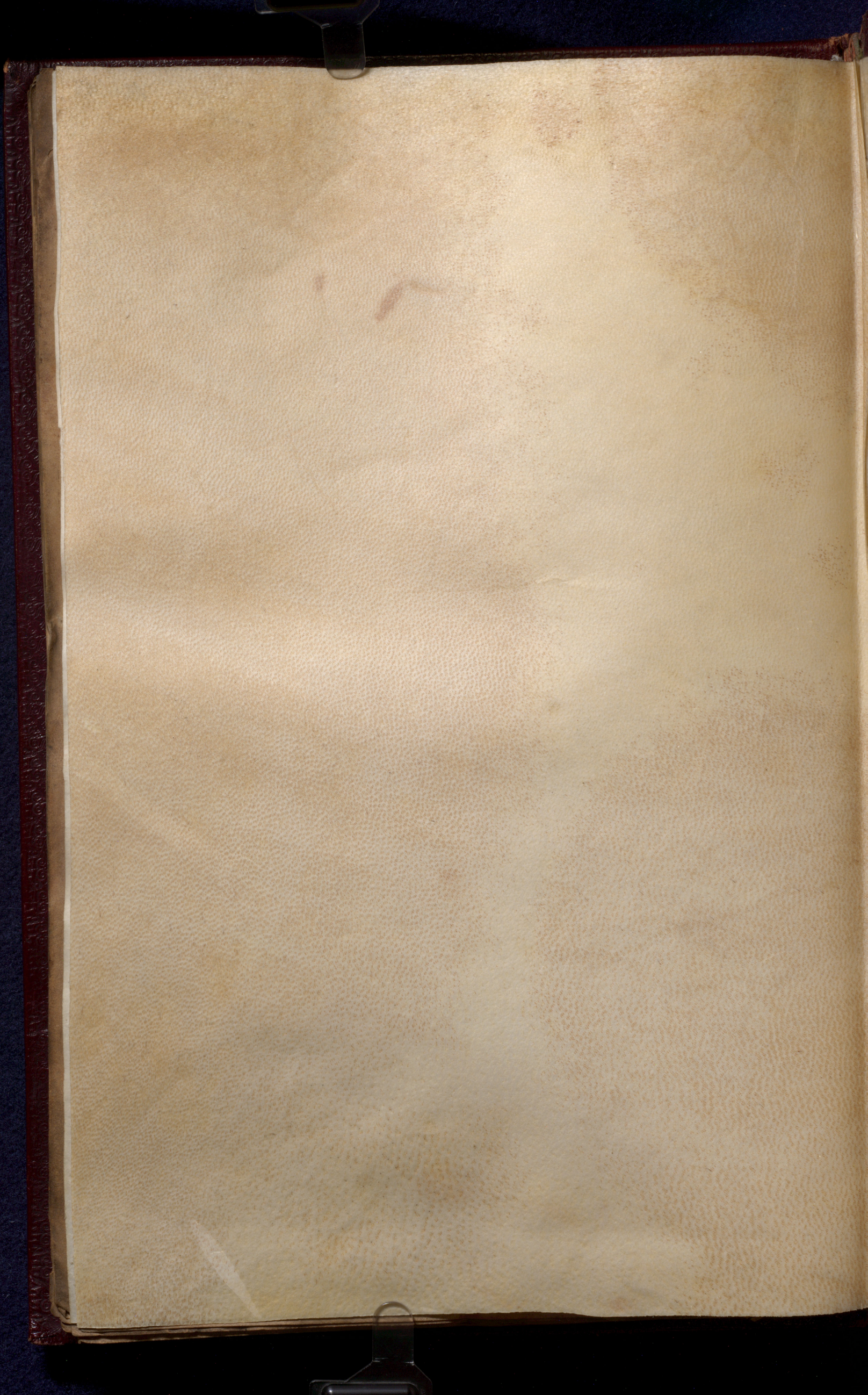
Wauld any seth vs. soo longe to exercise oꝛ
 selfe. vntyll the body begynne to swelle and
 waxe redde. our motions stronge. equall.
 and easie. and the swette seme to be mixed w
 vapour: than fyrste to reste whanne any of
 these begynne to chaunge. They mouny the
 also to gyue reste and quietenesse vnto that
 member whiche was lately restored to helthe.
 And Hipocrates saith: The remedie of the
 foote is reste. wherof. Alexander gathereth
 that. that which is healed agayne must ne
 des haue reste for motion (saith he) causeth
 flowynge of the superflous matter whiche
 may reyse and stire vp inflamacion.

The worste thyng that canne be to hym. that
 hath ahynged knees. is to ryde saith. Aelsus.
 He alsoo thynketh it not good for them that be
 growy. The olde men exercised theym selfe also
 in voyce. that they moughte syng and also
 rede more duely.

I saide I wolde intreate of these thynges as
 occasion gaue. not moche regardynge a
 ny order. but as euery thyng worthy to be
 noted. shulde come to mynde. And therfore
 lett noe man looke for any great thyng he
 re. if there be anye that wolde knowe I haue
 shewed in what authors what thynges he
 shal fynde. But loo here cometh an nother



66 (w. 11)



4201 MEDICAL.—HUTTEN (ULRICUS) OF THE WOODS, CALLED GUAIACI, that healeth the French Pockes, and also helpeth the goute in the feete, the stone, the palsey lepre, dropsy, fallynge evyll, and other diseases. 1533. A beautifully written and very legible English MS.; a translation out of the Latin, "De Guaiacii Medicina et Morbo Gallico," by THOMAS PAYNELL, chanon of Marten Abbey, translatour of this boke"; on sixty-eight leaves of vellum, black letter, rubricated, initials illuminated, 32 lines to a page, folio, morocco gilt, A MOST INTERESTING MS., f21

Hutten's treatise is one of the first on this subject. Thomas Paynell was Canon of Merton Priory, Sussex, and Chaplain to Henry VIII., and was responsible for many translations from the Greek and Latin. The Preface to this MS. is dated at end "at Marten Abbay Anno 1533," and commences as follows: "Not longe ago after I had translated in to our Englishe tongue the boke called 'Regimen sanitatis Salerni' I hapned beinge at London to talke with the prynter and to enquire of hym What he thought and how he lyked the same booke; and he answered that in his mynde it was a boke moch necessari and very profitable for them that took good hede to the holsome teachings . . . and this much further he added thereto, that so farre as ever he could here it is of every man very well accepted and allowed . . . and that if I would take so moche payne as to translate into Englyshe the booke that is entituled 'De Medicina guaiaci & Morbo Gallico,' written by that greates clerke of Almayne, Ulrich Hutten, Knyght, I should have saide he doo a very good dede. . . . But what soever answer I made him I fynallye determined to translate the said booke as I have done in dede not so well I am sure so playnely and so exquisitely as many others could . . ."

On the bottom of the page, apparently in another hand, a probable former owner, is written "Anno MDXXXIX" (1539).

On the fly-leaf are found the following verses:

Three score & ten the age & life of man
In holy Davids eyes semde but a span
And half that tyme is spent and lost in sleepe
Soe onely thirtie five for us wee keepe.
Our days of youth must be abated all
Childhood & youth wise Salamon doth call
But vanity, mere vanity he sayes
In what befalls us in our childish dayes.
Our dayes of age, wee take noe pleasure in
Our dayes of youth wee wish had never beene
Soe age deducted youth & sleep & sorrow
Onely one span is all the lyfe wee borrowe.
What is our lyfe, a play of passion
Our mirth the musicke of division
Our mothers wombes the tyringe houses be
Where wee are drest for lives short comedie.
Heaven the Judicious eye spectator is
To see whats acted well & whats amisse
The grave which hides us from the scorching sonn
Are lives drawn curtein when the play is donne
Thus actinge haste we to our latest rest
And then wee dye in earnest not in jest
Written the 3d of Novembr, 1638.

Piddering & Chalto
No 1444 R.S.

No. 7577

M^r. Seymour de Ricci points out to me that it is not right to regard this as a mere copy of the printed edition made because the latter was perhaps unprocureable, but that more probably a fine MS on parchment, like this, was ~~sent~~ a special presentation copy from the ~~author~~ ^{translator} to some great man or patron. It was quite the custom to prepare fine hand-written presentation copies. In 1539 many oldfashioned people still had a prejudice against "vulgar" printed books — just as, at the present day, in France it is still insulting, or at least disrespectful or in bad taste, to send a type-written letter to any high official, and in every department of the Government there is a list of people to whom the Minister must write with his own hand!

6.X.31. W.W.F.

